

DOLPHIN LOG

Collection, Year 2014

**The Bulletin of the
Dolphin Swimming & Boating Club
San Francisco, Established 1877**



**Dolphin Swimming & Boating Club
502 Jefferson Street
San Francisco, CA 94109**

SPRING 2014

DOLPHIN LOG

THE BULLETIN OF THE DOLPHIN SWIMMING & BOATING CLUB • SAN FRANCISCO • ESTABLISHED 1877



Once 'Round the Cove

Dolphin Log

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Late Commodore Lou Marcelli
photo by Susanne Friedrich

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Follow the Club on Twitter

Dolphins now have a new way to stay connected: our Twitter account. Sign up for an account and follow us—from desktop, laptop, tablet, or mobile device—at <http://twitter.com/DolphinClubSF>

Our Twitter timeline, managed by 23-year club member Nancy Friedman, includes news about open-water swimming and boating from around the world; updates from bay and ocean organizations such as Baykeeper and Shark Stewards; and entertaining tweets from local celebrities @KarlTheFog, @Waves_SF and @SFBayTide (yes, the fog, the waves, and the tide all have Twitter accounts!).

We'll also post or retweet members' photos and news—just be sure they're cleared for public viewing.

If you have questions or need help getting started on Twitter, email nancyf@wordworking.com

Nancy Freidman

And on the Dolphin Website

What's new? Our revised website. The Dolphin Club website (www.dolphin-club.org) was originally launched in 1998. This year we joined hands with the evolving technology and Susanne Friedrich led us to a complete make-over. Check it out!

Here are the highlights:

- The site now runs on WordPress, a free and open-source content management system.
- Commissioners and board members, once trained, can post news updates. (It may not be as perfect as Linda Wilson kept it, but we're getting better!)
- News updates are posted in reverse chronological order, both on the homepage and on the news page.
- The website uses responsive design and is viewable on tables and smartphones, so that content can easily be added
- Items are searchable and can be filtered so you can search for swim results in a specific year or upcoming events or even names of swimmers or helpers. News and results are automatically archived chronologically so that

the site also serves as a news archive. We have also added new images and a fun slideshow for the homepage to reflect the activities and joys of the Club. Hope you enjoy it! Let us know what you like and what other features you want to see.

Susanne and Diane
Redprincess@gmail.com
Dolphinclubpres@yahoo.com

For the last nine years, the Dolphin Club's webmaster has been Life Member (and one time *Dolphin Log* Editor) Linda Stanley Wilson who handled the website from British Columbia. We would like to thank her for cooperating so easily and promptly with all the content providers, seamlessly keeping the site current.

2013-14 41st Annual Polar Bear - Temperature Summary 6AM NOAA FTPC1

1/3/14	Lowest water temp	50.4
3/10/14	Highest water temp	56.5
	6.1 degree differential	

12/31/13	Low air temp	44.6
3/9/14	High air temp	58.5
	13.9 degree differential	

12/31/13	Combined low temp	95.3
3/12/14	Combined high temp	116.4
	21.1 degree differential	

data by Vincent Huang
36 consecutive polar bears

Bioluminescence

Sparks flash at my fingertips
and trail up my arms,
like waving Tinker Bell's wand
or a Fourth of July sparkler in the water
every time I move my hands.

Lolly Lewis

(The benefits of swimming in the cove at
5 am: Ed)

We Ate ‘Em!

Sid Hollister

Several years ago, nettled a bit by the penitential ferocity of some Polar Bear swimmers who seemed to relish the pain of the Cove’s winter water, I proposed a new prize: The Teddy Bear. There were no rules—except you had to enjoy your swimming experience.

You could swim in Hawaii, the Caribbean, or hot tubs and lie like the devil about the number of miles you logged. The winner would be chosen by unnamed judges and announced at the annual Pilots’ appreciation dinner along with the other awards. A few people signed up with fictitious names and during the warm waters of the Spring and Summer I forgot about it. Then as the swimmer’s dinner approached the following Fall, I saw swim commissioner, Brian Herrick, in the sauna and mentioned the Teddy Bear award. “Let’s do it,” he said. I would present the trophy after all the other awards had been made. I found a plastic Martini glass, glued into it a little teddy bear, and then pinned an “I love the Dolphin Club” pin to the little rascal’s chest.

When my time came the night of the dinner, I made a few comments about the prize and the anonymous judges and then announced the winner: Lou Marcelli, for 40 Epps. No one heard the “40 Epps.” As soon as I mentioned Lou’s name, the entire room exploded—everyone stood up and chanted “Lou! Lou!

Lou!” stomping their feet and clapping. I was stunned. When Lou approached the stage and reached up for the trophy, he was grinning broadly with embarrassed pleasure, a look I had never seen before. Maybe for the first time in his unflappable life, he was overwhelmed. The

was wrong, of course. Not only did he ensure for years that the Club’s day-to-day operations ran smoothly, he also rallied the faithful to cheer on the Giants and the Niners, goading both teams to glory with his gruff predictions of imminent doom, doled out hugs and advice, and

displayed his distinctive looks and impressive mane of white hair as an extra in numerous advertisements and films.

For a while, driving home from the Club, I would give Lou a ride to the restaurant area of North Beach and China Town.

“Where are you headed tonight?” I asked.

“The usual,” he said.

“What’s that?”

“Noodles and chicken at a place in Chinatown.”

“A specialty?” I asked.

“Nah. It just hits the spot on a cold night and the price is right. A few bucks.”

“When is your next trip back to Cape Cod?” I asked, as we neared the corner of Columbus and Union.

“Next month,” he said. “For Christmas.

Surrounded by Republicans. Bush and the Red Sox are both sacred, but the neighbors give us a hand with the leaves and such, so I don’t say much. I can handle it for a couple of weeks,” he said. “Here is good. I can walk the rest of the way.”

Cynthia Coppi, Lou’s longtime partner, lives a block from me in North Beach, went to the University of Connecticut, my home state, and grew up on Cape Cod, my favorite place to visit in New England. When Cynthia had dinner at the Club with Lou and was ready to go home, I

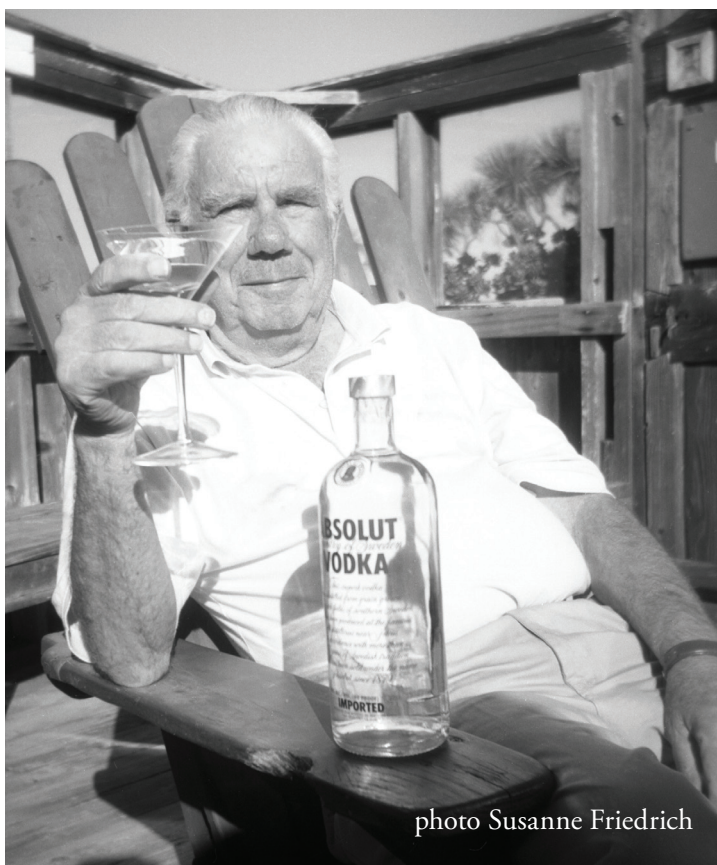


photo Susanne Friedrich

cheering did not stop until, waving all the way, he regained his seat next to Cynthia.

Lou Marcelli joined the Dolphin Swimming and Boating Club at San Francisco’s Aquatic Park in 1965, after swimming off the beach for more than a decade. Within a few years he moved into his single room aerie atop the building, lodging reserved for the Club’s Commodore, though he certainly was not called that in those early years. In his ironic view of things, Lou said that the title is just a fancy word for flunkey. He

took her, not Lou, up to North Beach.

On some deep winter nights, when only a swimmer or two were still in the water and the baseball season was still a couple of months off, Lou and Cynthia were often the only people at the Club. If the Commodore was not working his wizardry with sauteed calamari or one of his other pasta specialties, Cynthia prepared their dinner in the Club kitchen downstairs. Upstairs in the Club common room, waiting for her and his dinner, Lou sat next to the heater in his Shaker rocking chair, a member's gift, and looked out at the Golden Gate Bridge and the light-streaked waters of Aquatic Park Cove.

It is a setting that would stir memories in anyone. Lou had lots of them—his friendship with the DiMaggios, including Mrs. Joe, Marilyn Monroe; his days managing the late '60s rock band, The Cleveland Wrecking Company; trouncing all comers at pool; after-hours gatherings in the basement of the Condor with a handful of other bartenders, club waiters, and go-go performers, including topless queen of North Beach, Carol Doda; trips to his dad's home in San Benedetto on Italy's Adriatic coast and to Cynthia's family place on Cape Cod. Knowing that his cousin, now living in Washington, was out there pulling in nets bulging with



The house at Collinsville

herring might remind him of fishing in Collinsville, the Sacramento delta town where they both grew up, or of hunting doves in the Hills, or even of taking the family's Monterey fishing boat, chockablock with relatives, to Pittsburg to shop for staples.

These trips happened every week in good weather and Lou, still in grammar school, was usually at the helm. In the Delta, October almost always brings good weather—calm and warm—so even though Lou got to the dock at eight o'clock, he could feel the heat of the sun on his back as he checked the Monterey's Hick Six

motor. The four-mile Bay crossing from Collinsville to Pittsburg would be easy, he thought, easy for him as captain of the 32-foot Monterey, and easy for his mother, grandmother, and any aunts and cousins who showed up for the short trip.

In the 1930s, no commercial fishing was allowed on the Bay from Saturday sunrise to Sunday sunset, which meant Lou could make the Saturday Pittsburg trip every week, unless a storm kept all the boats tied up. Trucks from Rio Vista, twenty winding miles away, regularly delivered gasoline, meat, milk, and ice to river-hugging Collinsville, and Umberto Palestini's store always stocked a little bit of this, that and the other thing. For the basics, though—bags of flour, sugar, and salt and whatever clothing was needed—those Saturday trips across the Bay were essential. Just as essential for Lou and his cousins, was the darkened dream world of the Pittsburg movie theater. Its flickering bigger-than-life images of cockamamie cartoons, wacky cops-and-robbers chases, and cowboy serials fed a kid's need for riotous laughter, edge-of-your-seat excitement, and a glimpse of a world beyond their small hometown.

With shopping done, movies over, and package-laden passengers back on board, Lou took his place at the wheel of the Monterey, started up its engine, and, to the steady "puck-eh-chah, puck-eh-chah" of the Hick's Six,

Lou's Home Town

I remember in my early years at the Dolphin Club, I was in the kitchen one day with Lou just before Thanksgiving and I asked him what his plans for the holiday were. He told me that he was going to Millbrae to spend it with his family. For an instant, I was surprised to hear that Lou had a family. He seemed to be so involved with the Dolphin Club and all of his 'family' there.

Some time later on the Petaluma River rows, we would spend the first night in Collinsville at the house where Lou grew up and much of his extended family would be there for the weekend. Boy, did I find out what a great and lively family Lou Marcelli had and what an incredibly rich and adventurous childhood he had had growing up in this small Italian fishing village along the Sacramento River.

Through the years since then we would go there a few times a year when the family would meet up in Collinsville, the rowers were heading to Sacramento or when Lou and Cynthia just wanted a nice peaceful weekend retreat from the City. Lou knew every person who lived there and would bring fresh fish from the City for his relatives. He would sit out on the deck, listen to the game if one was on, eat the amazing food that Cynthia cooked up and watch the birds fly by (he knew the name of every one). Sometimes Cynthia would give him a good haircut. He was always very happy and relaxed there.

Jude Stalker

A "Thank You" to Lou

Every day was a test of my fortitude during my year as the first woman president of the Dolphin Club. Lou's quiet friendship and support helped make that year endurable. Secure in himself, he was not threatened by a woman at the helm. It helped immensely to know that he was rooting for me, and for all the women in the club. "You can do it", "give 'em hell", "just ignore 'em". His counsel was terse but wise. Kind words when I needed them most, spoken by a kind man. I think he loved to see how it all turned out, and how the club evolved. And we loved him.

Katie Maloney Bellomo (Past President, 1988)

took everyone home. Ahead of him the whole way were the Montezuma Hills, rising and falling like the swells of a golden ocean behind Collinsville's cluster of houses. Lou fished,

like almost everybody in town, but he liked hunting more, searching the Bay, sloughs and hills for geese and ducks, pheasant and dove, cottontails and long-eared jacks, an occasional deer, blackbirds and meadowlarks.

As Lou eased the Monterey into its docking place, he thought of the dove season that would open the next week. He could hardly wait.

In one of those impromptu gatherings that occur often at the Dolphin Club, a handful of people were enjoying a glass of wine and conversation after a swim. The annual row to Sacramento had just happened and the rowers had stopped as usual in Collinsville for a barbecue in the backyard of Lou's family home. Hunting came up.

"What did you hunt for?" someone asked Lou.

"Everything. Ducks, dove, blackbirds. Whatever was in season or whatever we could shoot," he said.

"Blackbirds?" came the surprised question.

"Meadowlarks, too," Lou said.

"What did you do with them?" several people asked at once.



photo Susan Lauritzen

Lou Marcelli leads the Old Goats for their thrice-weekly swim.

"We ate 'em!" Lou said. "Roasted 'em and ate 'em."

It's an old tradition. Nets to catch migrating songbirds were set on top of buildings in the Vatican until a few years ago.

In 1914, Lou's father, Aldorico, came from San Benedetto on Italy's Adriatic Coast to join other fishermen from that town who had already settled in Collinsville. He found lodging in a boarding house whose Sicilian owners had five daughters. He married one of them, Josephine, who on the ship from Sicily formed a friendship that lasted a lifetime with the grandmother of the baseball playing

DiMaggio boys—Joe, Dom, and Vince. Together, Aldorico and Josephine raised four sons and a daughter in Collinsville, although the first-born son, Philip, died in 1933 at the age of seven. When he arrived in the Delta, Aldorico did not know a word of English, no handicap in finding work on a fishing boat, but he wanted wider opportunities for his children. He taught himself English by listening to the radio and reading newspapers, learning it well enough to put any gathering in stitches with one of his short, and not always sweet, observations. His experience made him determined that his children would get an education. Lou and his two younger brothers all went to Collinsville's one-room schoolhouse, though the family lived in the small town only long enough for Lou to finish the eighth grade there. In 1943, his family moved to San Francisco where Lou went for a while to Galileo High School, but his father had to fish so they returned to Collinsville. Lou ended up graduating from high school in Rio Vista, a rare accomplishment for someone growing up in that small fishing community. His younger brothers and sister followed in his footsteps. As they would have in Italy or Sicily, most of his childhood pals had left the classroom at eight or nine to fish on the Bay with their fathers. Aldorico, though, had a partner, so Lou and his siblings could stay in school. Once the automobile brought



photo Susanne Friedrich

Lou with his long time ladyfriend Cynthia Coppi, a.k.a "The Broad"

47 Steps

During my first months at the Club, Lou and I discovered, to our shared surprise, that I knew Collinsville and its Hills. He said I was the first Dolphin Club member who knew where the town was.

Since I joined the Club, Lou's cousins have fixed up the family place in Collinsville, which is filled with those photos of people rowing about the flooded town, as well as fishermen displaying strings of 15-pound Chinook salmon, and hunters posing with their abundant take of ducks.

In 2004, after I had missed my daily visit to the Club for several days, Lou asked me where I'd been.

"Moving," I said.

"Where to?" he asked.

"Chestnut Street. Just a few blocks from here."

"What number?" he asked.

"465."

"Forty-seven," he said.

"What do you mean?" I asked.

"That's how many stairs you have to climb to get to 465. My family moved there from Collinsville in 1943. The rent was \$35 a month."

Lou's mom and dad slept in the bedroom, Lou and his two brothers in what is now my office, and their baby sister in the front room. It was a full house.

After I had lived on Chestnut Street for a few months, I had a housewarming. Lou and Cynthia both came. Cynthia took pictures and Lou sat in a rocking chair on the back porch, drinking a glass of red wine.

"It hasn't changed a bit," he said, and raising his glass to mine said "Salut" in a toast to Collinsville and Chestnut St. And to the Dolphin Club that brought our two lives together.

Sid Hollister

Rio Vista closer to Collinsville, both the school and the small Catholic Church next to it were abandoned. Battered by sun, wind and rain, the buildings eventually collapsed, adding their rotting wood to soil said by some to be richer than the Nile Delta.

Though the geography and surrounding culture certainly were not what they had known, life during the decades that bridged the 19th and 20th centuries for many Collinsville immigrants had a familiar pattern to it. Rooted in the Delta's rich earth, their gardens produced the essential garlic, basil and tomatoes, the warm sun and cool evening breezes combining to create a long growing season. Most families also made their own wine from grapes trucked to the town from Italian-born vintners in the Central Valley. A portable crusher was

your regional dialect. You went fishing or hunting with Abbondio or Emidio or Aldorico, and, when the time was right, you married Francesca or Blandina or Josefina at that small Catholic church up the road.

In the 1930s, the bounty of their new California home, its temperate weather, and Collinsville's isolated but self-sustaining way of life spared its mostly immigrant residents from many of the Great Depression's brutal hardships. Millions of Americans were out of work, short of food, and homeless, but the people of Collinsville lived through those years relatively untouched by the country's economic woes. Their

rolled and dragged from house to house until the crushing was done and the air filled with the grapes' pungent aroma. Most of your neighbors spoke Italian, or the Sicilian version of it, and a family next door or across the street might even speak

gardens gave them fresh vegetables, the Hills their abundant game, and from late July into November, the waters of Suisun Bay and the Sacramento River provided its silver salmon, halibut, sturgeon, and those two 19th century imports from the East Coast, shad and striped bass. Chinook, the "king" of the salmon



Sister Kate, cousin Louie and Lou



Teenage Lou (right) after a day's duck hunting.

family, started rushing through the Bay in September, heading by the tens of thousands up the Sacramento and San Joaquin Rivers to their spawning beds. Sardines were also plentiful in the fall and, starting in December, herring by the millions swarmed into the Bay to lay their eggs. Some of what was pulled from the waters or brought in from the Hills was traded with Delta farmers for fruit and vegetables or sold in nearby Delta towns. Trucks continued their deliveries of ice, milk, gasoline and meat, and most families kept a pig to slaughter and a few chickens for their eggs. And, of course, there were those Saturday trips to Pittsburg.

Lou's older brother, Philip, and his mother's father, Luigi Romano, lie side by side in the family plot of the Collinsville cemetery, which is on a small hill a half-mile or so up Collinsville Road toward Birds Landing, which is a cluster of a few houses, a couple of gun clubs, and Shirley Paolini's tavern, stubbornly called Mel's place after her late husband, who ran it, more or less, for decades.

Along that road, down toward the river from the cemetery, if you know where to look, you can find patches of wild asparagus, escapees from the backyard vegetable gardens of decades earlier.

"Near the cemetery?" I asked one day at the Club.

"Sometimes" Lou said. "It's scattered along the side of the road."

"When is the best time to pick it?"

"In the Spring. You just have to be there at the right time. Cynthia knows where it is, but like the people in Collinsville, she won't tell you much."

"It's that good?" I asked.

"The best. Sweet and tender." Lou said.

Lou and Cynthia have gone to Collinsville to pick it for years. They also collect berries from a large blackberry patch that is well known throughout the area, though you have to know someone who lives there to find it. It sprawls out over the slough that runs from Collinsville up toward Birds Landing, expanding every year

and ending in a patch of blackbird-filled reeds at the Collinsville cemetery.

People still fish and hunt out of Collinsville, though a lot has changed in the Hills in the last forty years. The sardines disappeared around 1950 and in 1955 commercial salmon fishing in the Bay was banned. But fishermen fish, so more Collinsville fishermen than ever started making summer trips to Alaska to work on salmon boats. It was hellish work, Lou told me one night on a ride to North Beach.

"You could make great money," he said, "but it was dangerous."

"How come?" I asked.

"You had a one-day window, they called it, to make your haul so you worked non-stop for 24 hours."

"People got hurt?"

"All the time. There was blood and fish guts and water everywhere. If you fell and broke a leg, no one helped you until the 24 hours were up. God help you if you went overboard."

"Did you ever get hurt?" I asked.

"No. I was lucky. I gave it up after a couple of years. You could make a lot of money, but it wasn't worth it."

Some of the Collinsville fishermen kept taking that risk and even permanently moved north to Washington to be closer to the action, though they truck their herring boats down to San Francisco for the winter season and come to the Club to shower and clean up while they are here.

Well into the 20th century, before the Sacramento was "controlled" and levees were made higher and strengthened, floods that Lou remembered turned Collinsville almost every year into a Venice of

I called Lou "Louster." He called me "Dode."

I made arrangements with Lou to spend the night at the club after a big event probably the 4th of July. I brought my sleeping bag and suitcase earlier in the week so I could come in on BART. It was pretty late and there were still so many people at the club. I looked over at Lou and he could tell it was past my bedtime. He said, "don't worry roomy they will be leaving soon." He was such a wonderful host he had a foam 'mattress' in the alcove off the Staib room. He made sure I had pillows and blankets. It was the Dolphin Club by day but at night it became Chez Lou.

Over the past two decades I'd be at the club late morning. Lou would ask, "Dode, what are you doing for lunch we need a token broad?" At least 40 times I was lucky enough to be the 'token broad. Out on the deck when the weather permitted. Up in the Sancimino room. Mostly in the boathouse. Always wine and always a feast.

When I had my first corneal transplant in 2008 Lou was the best friend ever. First he put me in touch with Steve Pinetti so I would have luxury accommodations at the Hotel Palomar near U.C.L.A. after my surgery. Then he hand addressed and stamped 100 postcards. He made sure all my friends (and future friends) wrote to me. I found out later some new members didn't know who I was but even they had to write something. His strategy with some of the men was to take their clothes so they couldn't get dressed until they wrote a get well message. He had Megan Sullivan send them in two batches of 50 cards each. The mail carrier, Regina, actually knocked on my door to see if I was ok. She let me know she'd never delivered that many get well cards. Every few days Lou would make sure someone called me. I'll cherish those cards forever.

Dodi Marosi

wooden homes on ten-foot pilings, especially along the road up to Birds Landing, with people visiting neighbors in rowboats. In fact, photos of Lou's mother and other relatives rowing about the town hang in his family home in Collinsville. Fire destroyed most of the town along the levee in the late 30s, though the buildings away from the river, like Lou's family home, and up Collinsville Road toward Birds Landing were spared. Like the floods, fires in the
(Contd. page 15)

Life Members 2014

*photos by
Colin Gift*





2014 New Life Members



Life Members with 50 or more years of membership

Another busy first quarter for both the boatshop and our rowing program. The highlight of the year, so far, has been the start on the construction of the "Don Reid" boat, an event we have all been anticipating for over a year. The oars for the new boat are already made, and the building table and section-molds are all set to go. It will be exciting to watch this boat come to life over the next year, and everybody in the club is invited to participate. Come and leave your fingerprints on a boat will likely last for decades!

The last of the three heavy doubles that were recycled in 2013 went back into the fleet in January, and the first of the four heavy singles scheduled for recycling this year (the Bruno) is in the boatshop and will be finished soon. All work on the Olga was finished, and the boat has been refurbished and relaunched. Meanwhile, the Auger has been

retired and a second boat, also never rowed, may soon be sailing in the Elysian waters. When the Don Reid is completed, we will have two "Kapuna Class" boats at our disposal (very light

and easy-to-handle), and we have the possibility of a third from yet another very generous offer from one of our members. The Kapuna has proven to be very popular for our rowing and piloting programs.

Another exciting program this quarter, spearheaded by Lowen Catolico and Jay Dean, has been an effort to get the Weiland on the water more often, especially during the summer. These are "fun" rows, and all rowers in the club who are interested are invited to participate. Just contact Lowen or Jay. They're anxious to hear from you. The plan is to have the boat out at least once a month.

The "inventory" and reorganization of our kayak fleet is almost completed. We are going to put ID tags on each of the kayaks shortly, and then we will have a complete picture of where we stand. We have limited the fleet to 24, and we still appear to have one or two that are in disrepair and/or are never paddled.

One final item that has been before the boat committee is the issue of life jackets. We feel the current life-jacket situation needs some improvement and we are giving some consideration to just what to do about it. More later.

A final reminder: all hands welcome to boat-night! There's a ton of work to be done, and the dinners are great. Come one; come all!

-John Blackman

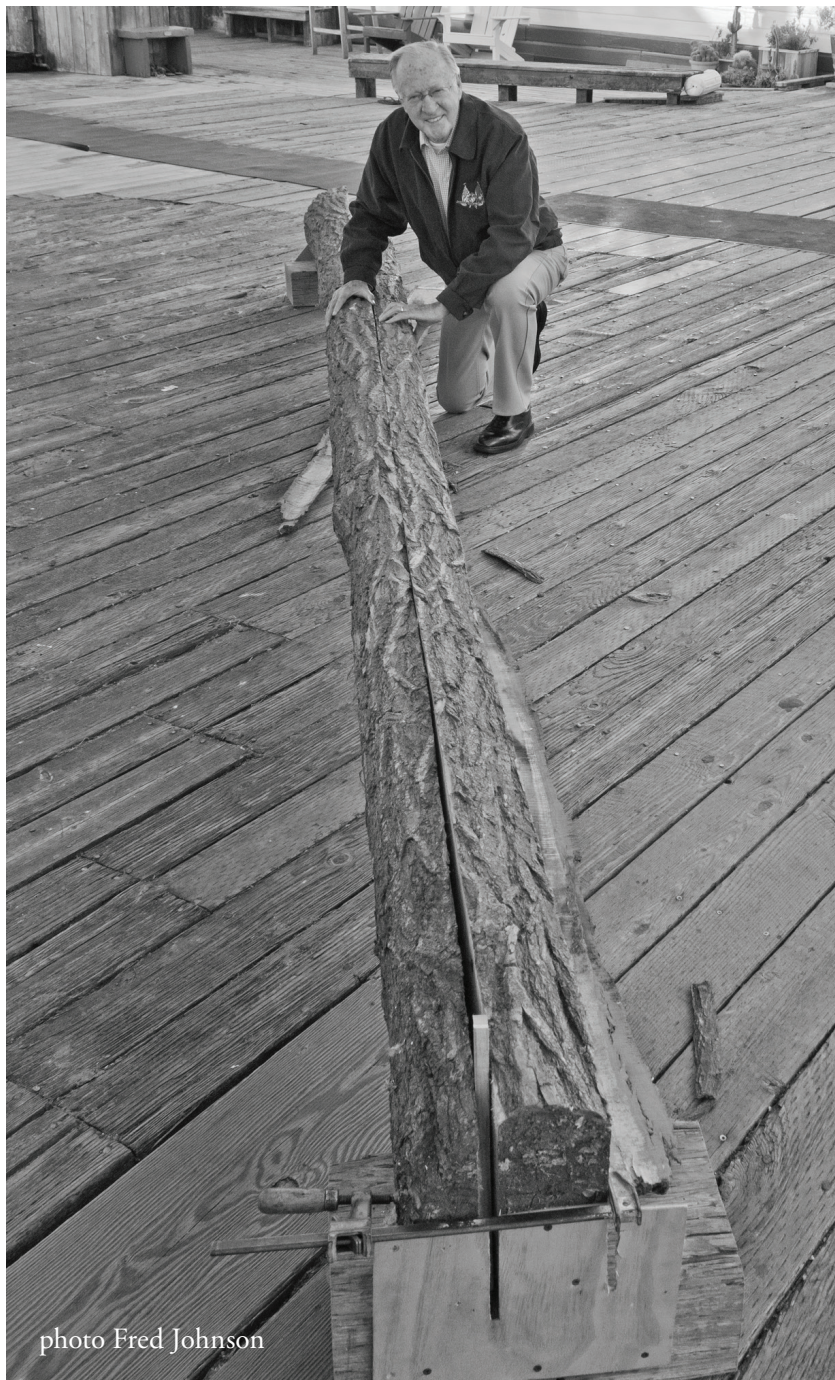


photo Fred Johnson

Don Reid, admires the first cut of black locust wood that will provide all the principal components of the future "Don Reid" Whitehall. This rare, hard, rot resistant wood from a small copse in the Central Valley, whose secret location is known only to boat builder Jon Bielinski, will, after it has been extensively seasoned, be used for the keel, risers, gunwales, ribs and other salient features.

PRESIDENT'S REPORT: DIANE WALTON

At the Dolphin Club, we celebrate our history every day. We also revel in the day, as we row, swim, run and otherwise enjoy the Club, and we prepare, as best we can, for tomorrow. The Sancimino Room, thanks to Susanne Friedrich and Robin Rome, is becoming a history museum, and the Staib Room and our other walls will, as the year goes by, join it in more clearly reflecting our story. I'd like to name a whole room after Lou--we need a Marcelli Room!--but for now he'll have a wall in the Sancimino Room. We have the name plates up for Stu Evans, Jim Small and Stu Cuthbert in the boathouse; we'll add the stories, too (the boats were sold but the importance of these stories of adventure and service and safety continues). Thanks to Rich Cooper and Morgan Kulla and all others who are helping on this safeguarding, recapturing and archiving of our history.

Two particular joys for me as a Dolphin Club member are, of course, rowing and swimming on and in this Bay. The night I joined, I told the Board I watched the swimmers as I walked by, and I wanted to join them but I didn't know where to put my glasses and my keys. Then I figured out they weren't coming back in on the beach, and I found our front door. It has taken me a long time, a trip to Dover and some swimming lessons (big thanks to all

involved there) to get to it --I was lured that first evening into the magnificent and completely unknown rowing world-- but I'm on the way now!

Two particular joys as President are listening to the new members every month as they tell us what they bring and what membership in this Club means to them, and watching members, new and old, display their remarkable talents and passions every day in furtherance of the Club. Keep it coming.

I also get to think about the Club's future, about assuring that we and the next generations of Dolphins get to keep doing what we're doing. We'll talk more about that this summer. We started in 1877, women members came in in 1977—imagine what might happen in 2077!

Thanks to all, for all, and a BIG thanks to Reuben Hechanova, Doug James and Linda Stanley Wilson, former Rowing and Swim Commissioners and Website Manager, for their time in those crucial roles. As we spread the volunteer opportunities around, using the Board's two years running for any one huge responsibility cap on as many of the jobs here as possible, there's just one question—are you ready for your stint?

-Diane

SWIM COMMISSIONER'S REPORT

Winter started with a bang, or should I say, a freeze, as we were greeted with chilly, below-normal December water temperatures and, equally unusual, a gradual warm-up in January and February, so what started out as looking like a super cold Polar Bear season has slowly become more “bearable.” December 21st kicked off both the Polar Bear season and our New Year's Day qualifying swim. The day was clear and bright which masked the cold water, 50.9 degrees at the NOAA buoy. Last minute course changes proved successful, thank you Suzie Dods, and despite a red boat that moved and some difference of opinion about “which” goal post to go around, we qualified a large number of Dolphins for New Year's Day.

NYD dawned another beauty for the Alcatraz swim and the water temperature inched up to 51.6. Over 100 swimmers made their way from the former prison. While that was going on, the DC had its own in-cove swim occurring. Twelve swimmers either swam to the flag and back or did a cove swim. Maria Finn and Charlie Cross were the respective winners. After all warmed up, we were feted by our SERC neighbors and enjoyed lounging in the unseasonably warm sun.

The Pier 41 swim on January 25 inaugurated our 2014 season. Keeping up with the trend from last year, a huge turnout of 71 swimmers participated – compared to 46 in 2013. Lolly Lewis and her crew were beachside ready to help with those souls who were overcome by the chill, just

as she had done for the qualifier, but generally speaking all swimmers came out hail and hearty. John Renko and Chris Wagner tied for the honor of coming in first. As it turns out, the Pier 41 swim of 2014 will not be remembered for the water temperature or the winners, but rather for 350 sail boats participating in the “Three-Bridge Fiasco” sailing race – that is the name of the race. You cannot make this stuff up. What a surprise to us all when our valiant swimmers turned the corner of the sea wall to witness an armada in their path. All thanks go out to our intrepid pilots, led by John Blackman and JD Durst, as they threw caution to the wind and intercepted most of the boats. A fiasco it was.

While I write this piece we are still in the midst of our Polar Bear swim, yet we can recognize the “first to 40” winner, Melissa King, who reached our magic number in 21 days and three hours. Pete Neubauer was a close second in 21 days and 10 hours, followed by Joe Ilick, Mark Gustin and Charlie Cross.

Lastly I want to mention two additions to the swim schedule for 2014. On August 9 there will be a Coughlin Beach swim. This will be a “fun” swim (no timing) for those who wish to enjoy a short swim in warmer summer waters. Also Duke Dahlin will be organizing a 24-hour relay starting on September 13th. Stay hearty!

Buoyantly,

*-John Nogue
for Virginie Jabbour and Joe Marendia*

DOLPHIN LOG SWIM STATISTICS

New Year's Day Cove Swim

JANUARY 1, 2014

Place	Name	Time	Course
1	Polly Rose	14:04	C
2	Maria Finn	16:08	A
3	Era Osibe	17:53	C
4	Cynthia Barnard	18:48	A
5	Carolyn Hui	20:01	A
6	Charlie Cross	25:55	B
7	Joni Beemsterboer	26:57	B
8	Susan Lauritzen	27:46	B
9	Wendy Katzman	27:50	B
10	Gabriella Cross	29:04	B
11	Aaron Rosenthal	30:15	B
12	Robin Rome	32:56	B

Course A: To the Flag Buoy and back

Course B: Once around the cove

Course C: Personal

Helpers: Andrew Cassidy, Virginie Jabbour

Pier 41 Swim

JANUARY 25, 2014

Place	Name	Time
1	Christopher Wagner	18:33
1	John Renko	18:33
3	Lisa Newman-Wise	19:04
4	Stephen Schatz	19:12
5	Jeffry Peargin	19:32
6	Jesse Czelusta	19:36
7	Laura Zovickian	19:53
8	Joseph Marendia	19:55
9	David Rich	20:08
10	Randy Edwards	20:14
11	Peter Bartu	20:24
12	Victor Critchfield	20:35
13	Cesar Manzano	21:24
14	Tom Brown	21:50
15	Mickey Lavelle	21:58
16	Clint Hendler	22:07
17	Duke Dahlin	22:15

18	Joel Bleskacek	22:25
19	Erik Cufino	22:42
20	John Stassen	22:48
21	Beth Stein	22:54
22	Megan Wachs	23:00
23	Robert Cable	23:03
24	Julian Sapirstein	23:08
25	Charlie Cross	23:29
26	Andy Stone	23:31
27	Peter Cullinan	24:17
28	Peter Hollingsworth	24:18
29	Dan Brinkley	24:19
30	Matthew Canepa	24:28
31	Bill Burke	24:40
32	Jim Frew	24:41
32	Michael Caniglia	24:41
34	Mark Gustin	24:59
35	Doug James	25:03
36	Jay Adams	25:09
37	John Mattox	25:25
38	Monica Towers	25:32
39	Neal Powers	25:35
39	Anita Holmquist	25:35
41	Firat Yener	25:37
42	Pauline Koppenol	25:49
43	Kerry Labelle	25:53
44	David Nosrati	25:57
45	Alex Buehlmann	25:59
46	Roxy Phifer	26:05
47	John Hornor	26:18
48	Holly Reed	26:22
48	Byron Harbour	26:22
50	Kathleen Duffy	26:28
51	Sam Ferguson	26:49
52	Hal Offen	27:33
53	Pete Neubauer	27:48
54	Brian Matthay	27:57
55	Laura Jones	28:06
56	Jennifer Votava	28:23
57	Kevin O'Connor	29:14
58	Jane Mermelstein	29:15
59	Krist Jake	29:26
60	Keith Howell	30:35

61	Joe Illick	31:08
62	Eileen David	31:47
63	Kris Steck	31:52
64	Kathryn Cronin	32:35
65	Arnie Thompson	34:01
66	Grasshopper Kaplan	34:32
67	John Ingle	34:49
68	Miguel Melendez	35:50
69	Cory Emerson	46:30
70	Suma Snehalatha	49:00

Gerard Navarro swam with fins: swim does not qualify **Pilots:** Jean Allan, Marcus Auerbuch, Jon Bielinski, Ross Browne, Barry Christian, Jay Dean, Paul DuBois, William Frey, Stuart Gannes, Don Harrison, Reuben Hechamova, Lucy Hoff, Terry Horn, Nancy Hornor, Jeff Joslin, Margaret Keenan, Brian Kiernan, Melissa King, Robert Mackey, Daniel Madero, Tom McCall, Kent Myers, Thomas Partridge, Will Powning, Emily Roth, Larry Scroggins, Lance Starin, Chris Tschinkel, David Zovickian, Ben Zovickian, Noah Zovickian **Helpers:** Laura Atkins, Bill Burke, Andrew Cassidy, Charlie Cross, Erik Cufino, Peter Cullinan, Cory Emerson, Brian Gilbert, Gail Grynbaum, Richard Haymes, Clint Hendler, Libbie Horn, Nancy Hornor, Tom Hunt, Fred Johnson, Kerry Labelle, Susan Lauritzen, Mickey Lavelle, Lolly Lewis, Joseph Marendia, John Mattox, Jackie McEvoy, Laura Merkl, Jane Mermelstein, Pete Neubauer, Lisa Newman-Wise, Roxy Phifer, Neal Powers, Polly Rose, Sibylle Scholz, Eric Shupert, John Stassen, Beth Stein, Andy Stone, Christopher Wagner, Diane Walton, Janice Wood, Firat Yener **Non-member helpers:** Charlie Cross Jr., Natalie Wisniewski **Test Swimmers and Pilots:** Jean Allan,

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DOLPHIN LOG SWIM STATISTICS

John Blackman, Charlie Cross, Brendan Crow, J.D. Durst, Ken Frank, William Frey, Susan Friedrich, Stuart Gannes, Joe Gannon, Doug James, Dan Osborne, Joel Bleskacek, Peter Cullinan, Cory Emerson, John Ingle, Grasshopper Kaplan, Joseph Marena, John Nogue, Hal Offen, Firat Yener

Gas House Cove Swim

MARCH 15, 2014

Place	Name	Time
1	Christopher Wagner	17:32
2	John Renko	17:40
3	Lisa Newman-Wise	18:02
4	Joseph Marena	18:09
5	David Holscher	18:26
6	Cesar Manzano	19:50
7	Clint Hendler	19:58
8	Brian Fitzgibbons	20:05
9	Peter Bartu	20:11
10	Victor Critchfield	20:15
11	Julian Sapirstein	20:16
12	Mickey Lavelle	20:32
13	Duke Dahlin	20:52
14	Megan Wachs	20:58
15	Keith Gray	21:01
16	Arnie Oji	21:17
17	Patrick Horn	21:29
18	Beth Stein	21:31
19	Robert Cable	21:44
20	Charlie Cross	21:45
21	Morgan Kulla	22:01
22	Sean Lavelle	22:03
23	Peter Badertscher	22:15
24	Joanne Desmond	22:16
25	Dan Brinkley	22:52
26	Michael Caniglia	22:54
27	Andy Stone	23:11
28	Rick Avery	23:22
29	Peter Cullinan	23:29
30	David Nosrati	23:36
31	Doug James	23:37
32	Monica Towers	24:05
33	Kate Coleman	24:32
34	Sergei Khorochev	24:34
35	Neal Powers	24:46
36	Aaron Rosenthal	24:47
37	John Mattox	24:51
38	Jackie McEvoy	24:53
39	John Hornor	24:58
40	Eileen Buckley	25:03
41	Bill Burke	25:08
42	Byron Harbour	25:10
43	Gabriella Cross	25:19

44	Ken Coren	25:29
45	Kathleen Duffy	25:32
46	Holly Reed	25:49
47	Jim Frew	25:54
48	Ward Bushee	25:58
49	Pete Neubauer	26:03
50	Mike Mitchell	26:25
51	Robin Rome	26:31
52	Dean Badessa	26:35
53	Kevin O'Connor	26:37
54	Jeff Russell	27:28
55	Hal Offen	27:30
56	Natazha Bernie	27:35
57	Joe Illick	28:27
58	Joe Gannon	28:31
59	Keith Howell	28:34
60	Pia Hinckle	28:51
61	Kerry Labelle	29:08
62	Susan Lauritzen	29:09
63	Cynthia Barnard	29:17
64	Janice Wood	29:17
65	Eileen David	29:18
66	Kris Steck	29:27
67	Will Powning	30:16
68	Carolyn Hui	30:20
69	Arnie Thompson	30:43
70	Kent Myers	30:54
71	Suma Snehalatha	31:06
72	Adrewanne Emerson	34:47
73	Sibylle Scholz	35:42
74	Madhuri Yechuri	35:49

Pilots: Jay Adams, Jean Allan, Susan J Allen, Marcus Auerbuch, John Blackman, Barry Christian, Laura Croome, Nancy Cutler, Tom Davis, Paul DuBois, J.D. Durst, Madeline Eustis, Ken Frank, William Frey, Nancy Friedman, Don Harrison, Dawn Holley, Liz Kantor, Brian Kiernan, Melissa King, Jean Lammings, Robert Mackey, Tom McCall, Timothy McElligott, Jon Meyer, Joe Omran, Roxy Phifer, E.J. Sarraile, Bill Schroeder, Lance Starin, Chris Tschinkel, Diane Walton, Jan Weidner **Helpers:** Susan J Allen, Peter Bartu, Ward Bushee, Chris Child, Hazen Clough, Bevan Daniels, Patrick Dinan, Kathleen Duffy, Sue Garfield, Brian Gilbert, Sheila Gleeson, Lisa Hagerman, Richard Haymes III, John Hornor, Nancy Hornor, Tom Hunt, John Ingle, Wendy Katzman, Renee Katzman, Morgan Kulla, Mickey Lavelle, Jackie McEvoy, Jane Mermelstein, Mike Mitchell, Kelley Mullin,

Pete Neubauer, David Nosrati, Kevin O'Connor, Hal Offen, Arnie Oji, Joe Omran, Era Osibe, Daragh Powers, Neal Powers, Dean Riskas, Polly Rose, Eric Shupert, Andy Stone, Matt Towers, Natalie Wisniewski, Janice Wood, Andrew Wynn, Firat Yener **Test Swimmers and Pilots:** Rick Avery, Cory Emerson, Madeline Eustis, Ken Frank, Grasshopper Kaplan, Daniel Madero, Jackie McEvoy, Gerard Navarro, John Nogue, Hal Offen, Kevin Shanahan, Suma Snehalatha, Beth Stein, Thaddeus Vogler, Firat Yener, Jon Bielinski, John Blackman, Evan Borders, Charlie Cross, Brendan Crow, J.D. Durst, Joe Gannon, Deirdre Golani, Keith Howell, Tom Hunt, Doug James, Robert Mackey, Tom McCall, Daniel Osborne, Lance Starin, Nobuya Takahashi, Arnie Thompson, Monica Towers **Wieland Crew:** Jon Bielinski, Lowen Cattolico, Jay Dean, Marianne Dean, Reuben Hechanova, Anna MacKinnon, and Mary Magocsy.



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DOLPHIN LOG SWIM STATISTICS

Pier 39 Swim

APRIL 5, 2014

Place	Name	Time
1	Patrick Grady	24:26
1	John Renko	24:26
3	Chris Wagner	24:31
4	Lisa Newman-Wise	24:49
5	Jeffrey Peargin	25:04
6	David Holscher	25:08
7	Joseph Marena	25:27
8	Jesse Czelusta	25:49
9	David Rich	25:59
10	James Fahlbusch	26:05
11	Stephen Schatz	26:12
12	Randy Edwards	26:13
13	Tom Neill	27:39
14	Laura Vartain-Horn	27:45
15	Peter Bartu	28:29
16	Duke Dahlin	28:35
17	Steve Carlson	28:48
18	Katie Harrington	28:58
19	Julian Sapirstein	29:18
20	Arnie Oji	29:27
21	Paul Vanhoven	29:29
22	Mickey Lavelle	29:33
23	Nancy Lange	29:38
24	Sean Lavelle	29:51
25	Madeline Eustis	30:42
26	Charlie Cross	30:49
27	Peter Badertscher	30:50
28	Joe Spallone	31:03
29	Morgan Kulla	31:12
30	Peter Cullinan	31:15
31	Rick Avery	31:21
32	Michael Caniglia	31:37
33	Joanne Desmond	31:38
34	Margaret Keenan	31:39
35	David Nosrati	31:43
36	Norman Hantzsche	31:57
37	Keith Nelson	32:01

38	Renee Kaufman	32:07
39	Monica Towers	32:37
40	Doug James	32:48
41	Nancy Hornor	33:33
42	Gabriella Cross	33:35
43	Chris Brady	33:39
44	Aaron Rosenthal	33:57
45	Hal Offen	34:31
46	Byron Harbour	34:41
47	John Hornor	34:53
48	Bill Burke	35:20
49	Robin Rome	35:31
50	Pauline Koppenol	35:58
51	Cynthia Barnard	36:37
52	Andy Stone	36:48
53	Keith Howell	37:07
54	Scott Halsted	37:50
55	Eileen David	38:18
56	Pia Hinckle	40:34
57	Jane Mermelstein	41:33
58	Joe Illick	44:24
59	Carolyn Hui	44:55
60	Suma Snehalatha	45:41
61	Michaelynn Meyers	45:43
62	Cory Emerson	49:20
Pilots: Susan J Allen, Marcus Auerbuch, Eduardo Barranco, Jon Bielinski, John Blackman, Robert Cable, Barry Christian, Daniel Daniloff, Jay Dean, Marianne Dean, J.D. Durst, Jim Frew, Sara Goetzelman, Don Harrison, Reuben Hechanova, Lucy Hoff, Liz Kantor, Brian Kiernan, Robert Mackey, Tom McCall, David McGuire, Kent Myers, Joe Omran,		

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Lou's extended family. His Mother and Father sitting at the table, Grandmother behind, Find Lou.

(Contd from page 7)

town of mostly wooden homes were always a danger in the 19th and early 20th century, the steady Delta winds and the half-hour trip for fire trucks from Rio Vista making a sudden outbreak of flames a constant hazard.

Gravestones in the Collinsville cemetery bear silent witness to the Italian immigrant world of Lou's childhood, now largely gone, but the almost 400 square miles of the Montezuma Hills continue to act in some ways like a levee against the relentlessly pressure of development. The peace and beauty I sought in this unique Delta world in since the early 1970s is still there, but it is being rapidly eroded by the surging number of power-generating windmills—now well up in the

hundreds. On my visits to the Hills I always stop at Shirley's (sorry, Mel), an octogenarian who is not shy about speaking her mind. She grew up with Lou and knew his family well.

"What do you think of all these windmills?" I asked her as I sipped an amber ale.

"I don't like 'em much. All the trucks and construction for the roads they need destroy the peace. But they beat 'Drill, baby, drill!' any day." she said. "And the Danish workers sure like my beer."

"How about the bikers?"

"Oh, sure. They all come by. One day, about thirty of 'em pulled up in front. From one of those touring clubs. Sounded like a bunch of tanks. They came bursting in, wanting this and wanting that like

teenagers. 'Hold on, now!' I said. 'I'm not your mom.' A couple of them came right back here behind the bar and helped me out. They were sweethearts," she said.

On a recent visit to Collinsville with Lou, hearing the blap-blapping of those touring bikers, seeing a hundred trucks and SUVs in the parking lot of the Birds Landing gun club, and feeling that a slowly rotating arm of a windmill might clip me, I wondered if the area's peace and unique beauty would go the way of Lou's Saturday trips to Pittsburg. I'll keep going back to find out, stopping for a cold ale and some chitchat with Shirley at Birds Landing, and picking some blackberries—if the locals and blackbirds have left any ripe ones.

Sound of Silence

People loved to talk to Lou. Every day, for decades, folks would come to the Club to sit with the Commodore and talk. Lou would listen, and every so often when he had something to say, he would speak a few well chosen words. Eventually, folks would get up and take their swim, or get some more wine, or have to move along for one reason or another that was not quite as satisfying as being in Lou's company, but that's how it was. Time spent with Lou made coming to the Club worthwhile.

Words that soak into your ears are whispered, not yelled. Lou told me he learned from his father to listen a lot, and say very little. Lou felt no need to fill any conversational void with hot air, but when he did speak, his few words displayed wisdom, insight and kind humor. Rarely were you with Lou without sharing a laugh, though I never heard him tell a joke over the course of 30 years.

The main problem with folks who don't know what they're doing is that they don't know when to stop. Lou lived his entire life at the edge of, or on, the water, yet he had an uneasy relationship with boats. During a Sacramento row first-night stopover at Lou's house in Collinsville, he showed me a sturdy looking wooden rowboat half-sunk into the ground a few yards from the water's edge. It was being used as a planter. With some pride, Lou told me he had built that boat when he was in high school. I asked him why I had never seen him take out any of the boats in the Dolphin fleet. This former Alaskan fisherman replied: "You go out in boats enough times, one day you don't come back." Lou lived a unique and fruitful life; he knew what he was doing.

Ken Coren



The Dolphin Swimming
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2014 DOLPHIN CLUB SWIM & EVENT SCHEDULE

Jan 1	Wed TBD	New Year's Day Alcatraz
Jan 1	Wed TBD	New Year's Day Cove Swim
Jan 25	Sat 10:00 am	*Pier 41
Feb 16	Sun TBD	Old Timer's Lunch
Mar 15	Sat 9:30 am	*Gas House Cove
Mar 21	Thur 11:00 pm	End of Polar Bear
Apr 5	Sat 7:45 am	*Pier 39
Apr 26	Sat TBD	Rowers Dinner
Apr 27	Sun 8:30 am	*Yacht Harbor
May 4	Sun 6:55 am	*Bay Bridge
May 26	Mon 8:30 am	*Crissy Field
Jun 1	Sun	100-Mile Swim Begins
Jun 7	Sat 6:00 pm	*Doc Howard Over 45 Gas House Cove
Jun 22	Sun TBD	*SE/DC LGBT Pride Swim
Jul 13	Sun 9:00 am	Dick Beeler Crazy Cove
Jul 19	Sat TBD	*Trans Tahoe Relay
Jul 27	Sun 9:30 am	Under 30 Cove Swim
Aug 2	Sat TBD	*Santa Cruz One Mile
Aug 9	Sat 9:15 am	*Coughlin Beach (fun swim)
Aug 17	Sun 11:00 am	Walt Schneebeli Over 60 Cove
Aug 23	Sat 8:30 am	*Fort Point
Sep 6	Sat 10:25 am	Joe Bruno Golden Gate
Sep 13-14	Sat/Sun TBD	Duke's 24 hour cove relay
Sep 20	Sat 10:25 am	Alcatraz
Sep 27	Sat 7:15 am	Escape from Alcatraz Triathlon
Oct 25	Sat TBD	Dolphin/South End Triathlon
Oct 31	Fri	100-Mile Swim Ends
Nov 15	Sat TBD	Pilot Appreciation Dinner
Nov 27	Thur 9:00 am	Thanksgiving Day Cove
Nov 23	Fri	Grizzly Bear Challenge
Dec 21	Sun 9:00 am	New Year's Day Qualifier
Dec 21	Sun	Holiday Brunch Party
Dec 21	Sun TBD	Polar Bear Swim Begins
Dec 31	Sat 11:59 pm	Grizzly Bear Challenge Ends

*All times are approximate & subject to change.
TBD means "to be determined".*

ROWING TRAINING

These Saturdays as 9:00 am

January 18, Saturday

February 15, Saturday

March 15, Saturday

April 19, Saturday

May 17, Saturday

June 21, Saturday

July 19, Saturday

August 16, Saturday

September 20, Sunday

October 18, Saturday

November 15, Saturday

December 20, Saturday

Intro to bay swimming *usually*
offered Sunday after board
meetings, check website
www.dolphinclub.org

SWIM PROGRAM RULES

1. Club scheduled swims are restricted to club members only.
2. Swimmers are required to wear fluorescent orange caps on all scheduled swims.
3. "Swimmers cannot use "swim aids" for any timed swims. Swim aids include, but are not restricted to, fins, wet suits, snorkels, etc."
4. For out-of-cove swims, swimmers must be members in good standing with club dues current, \$40 swim fees paid, and a current PMS card on file. In-cove swims are free and open to all members.
5. New members are not eligible to swim in scheduled out-of-cove swims for six months from their membership start. However, if one successfully completes the 100-mile swim or 40-mile Polar Bear swim before their six months are up, they can participate in out-of-cove swims.
6. Swimmers must be in attendance at briefing prior to each swim in order to participate.
7. Time limits are imposed and enforced for all swims.
8. All club boats are reserved for scheduled swims.
9. In-town members must successfully complete three swims and pilot or help on at least two others.
10. Out-of-town members (those residing 100+ miles from the club) must have successfully completed two of the last three club scheduled Alcatraz and/or Golden Gate swims or meet Rule 9 above.
11. * Indicates swim is a qualifier for Alcatraz and Golden Gate Swims

Alcatraz Island
1.4 miles

Fort Point
3.5 miles

Crissy Field
2.5 miles

Yacht Harbor
1.5 miles

Gas House Cove
1 mile

Aquatic Park Cove

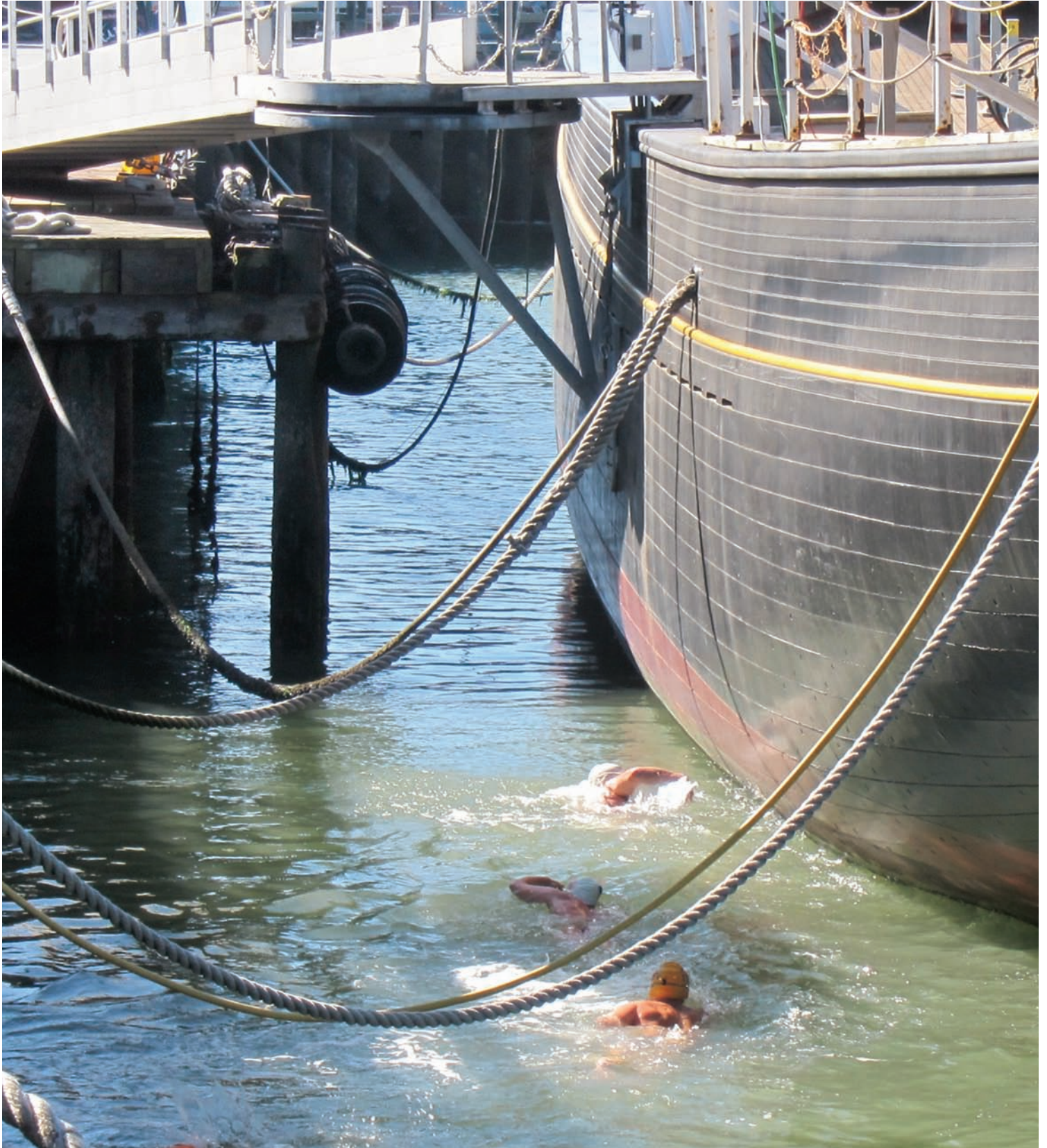
Pier 41½
1.2 miles

Pier 43
1 mile

SUMMER 2014

DOLPHIN LOG

THE BULLETIN OF THE DOLPHIN SWIMMING & BOATING CLUB • SAN FRANCISCO • ESTABLISHED 1877



Once 'Round the Cove

Dolphin Log

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Joe Illick, *Editor*
Sunny McKee, *Graphic Designer*
Andrew Cassidy, *Swim Stats*
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Contributing Historian

Walter Schneebeli

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Swim Commissioners Joe
Marenda, Virginie Jabbour,
John Nogue

Cover *Five times down Rat Alley*
Photo by John Hornor

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Two Cautionary Tales

#1 Swimming in Maine

Last year I was staying in a nice seaside cottage in Maine on June 1, the start of the 100-mile swim. The water was 53 ° F, or so said the local paper. Late that afternoon, I put on my suit, grabbed my cap and goggles, and headed to the beach.

The swim was uneventful, but as I got out it started to sprinkle a bit. I hiked back to the cottage, took a shower, changed and sat down to read a book of sea stories. The rain really started coming down and the wind was churning. The clouds darkened until I could barely make out the distant lighthouse.

Suddenly there was a frantic pounding on the door. A group of firemen stood there, getting soaked.

There had been a report of a missing swimmer! Had I seen or heard anything? It took me a minute or so to process. Then, sheepishly, I told them that they were probably looking for me. The Fire Chief pulled me aside. Wasn't it a bit early for swimming? Didn't I know the water was still cold? I explained that I was from San Francisco and did some cold-water swimming out there. He asked if I had ever swum from

Alcatraz. Sure, I told him, lots of times. That seemed to clear things up. He got on the walkie-talkie. The storm started to let up, and I walked with the fire guys down to the beach.

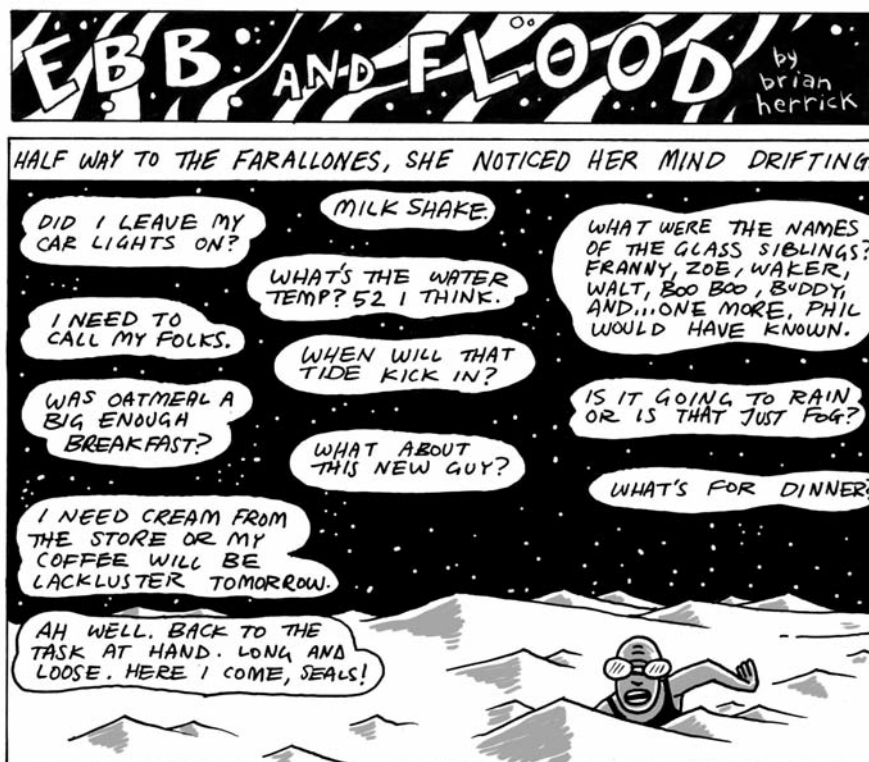
An extensive search party was in progress. Half the town was there! Lights flashing, two fire rigs, the county's special Dive Rescue truck, a Sheriff Deputy's squad car, an ambulance and other assorted trucks and cars, some with their magnetic siren thing still flashing.

Later that evening, the Fire Chief and the Deputy stopped by for a chat. No, they weren't going to charge me. A concerned citizen had seen me swimming from her porch. Next time she looked up, I was gone. And then the storm worsened...

I offered to file flight plans in the future, but they told me no. It was ok. They knew me now. For the remainder of my stay, I managed to swim every day. I also judiciously waved to the locals on their porches – and they all waved back. I marked up my miles.

My thanks to Alan and Mary Lou Morison of Wilton, ME, who graciously extend their cottage to me year after year, and to the other kind folks of coastal Maine who take West-coast tourists in stride.

Thomas Nuckton



#2 Post Party Paddle

A fool learns only by making mistakes, but perhaps you can learn from mine.

Early evening, June 14th, Dolphin Club pilots paddled back from the Bay Keeper McCovey Cove swim and party. Conditions were choppy, but manageable, until we passed Pier 39, turned west and faced twenty-knot winds head on. Beside us, ferries, fishing boats and even a cruise ship packed the shipping lanes.

And I was feeling fantastic.

As I paddled past the *Jeremiah O'Brien*, a passing ferry whipped up a set of five-foot waves coming from the north-west. I knew to turn into them to avoid tipping the kayak. But I was also anxious to get out of the wind and behind the breakwater. After I crested a last high wave, I turned sharply left, set my sights of the Balclutha and hoped for the best. But hope holds little currency with the sea. A roller immediately dumped me backwards. The kayak flew some four feet up, got caught by the wind and carried east. Meanwhile, the

ebb tide sucked my paddle west. The weight of soaked clothing and shoes made swimming to the kayak impossible. High swells blocked landmarks from my visual field; I didn't even know which direction to swim. I was in deep trouble.

Very luckily, another DC kayaker pilot, the fearless Miguel Melendez saw the capsize and came to my rescue. But the waves kept coming and his several desperate attempts to salvage the kayak, paddle and me, were unsuccessful. Eventually a fishing boat pulled us both out, retrieved our paddles and kayaks.

I survived to offer these few life saving tips:

Basic Kayak Tips:

- There are two types of kayaks at the club: sit-on and sit-in. Sit-on kayaks are easy and fun to use, but not the best choice for high winds and waves, as they have a higher center of gravity and flip much more easily than sit-in kayaks.
- Practice self-saving techniques. Always kayak with the assumption that you will fall in, because

eventually, you will.

- Wear a life vest and dress for swimming. Nylon, light wool or even a wetsuit are good. Excess clothing when soaked is heavy and hazardous.
- Consider using a paddle leash.
- Take oncoming surf head on.
- In high surf, if you need to turn in a direction other than straight into an approaching wave, slightly turn the tip of the kayak in the direction you need to go, but simultaneously lean ("edge") the side on the kayak and plant your paddle into the oncoming wave. Your weight and the force of your paddle will anchor you, and counterbalance the wave's force: a force that would otherwise throw you over, as it did me. This is an advanced technique and needs to be practiced to master it.
- If you still have the paddle and need to swim to your kayak, lie on your back and use your body to create a flat vessel. Hold the paddle with two hands and paddle backwards as if you were doing backstroke toward your goal.

Eileen Buckley

Notes from DSBC's Kayak man, Terry Horn

Always check tides, currents and expected weather including the forecast winds. The wind usually picks up in the afternoons and can be very unforgiving. . .

I have paddled into 20 knot winds and it's no fun. You have to be vigilant on each stroke. Plus you can't rest or you will get blown backwards. Try hugging the shoreline to get out of the wind.

It might work and it might not. . . .

In tough conditions always use a paddle leash, paddle with a companion, and carry a radio. The club has them. The channels to use are found in the club's training manual on line. And eat beforehand. Both the exercise and the anxiety draw heavily your energy reserves. Don't not put yourself in harm's way when rescuing a person. Rescuing the kayak can wait. Give the person in the water the nose of your kayak.



Courtesy of Richard Cooper

Why don't we get useful trinkets anymore?

Three Coves¹ do the Cinco de Mayo



Photo Sunny McKee

This year three Dolphins survived South End's Five Coves of Death.

The 1st Cove of Inquiry

Hyped up on post-Polar Bear sauna talk, when anything seemed possible and awash in mythology concerning the South End's notorious Cinco de Mayo Five Coves of Death swim, it seemed only right to give it a go. But first we had to establish the course and extract arcane lore from some of the club's inspirational and storied swimmers so we'd know what we were getting into. Duke Dahlin and others were only too helpful.

Going beyond two hours in the water in any season comes down to focus, fuel and myriad mind tricks where a 'one size fits all' approach cannot work for all body shapes and swimming abilities. Between science and "shut up and swim," there had to be a middle ground for your average

Joe and Jill, and it was in this spirit that we sought guidance and wisdom. Here's what we found; for a mid-level swimmer, a minimum training schedule of approximately six weeks is required.

First week - three swims to get comfortable with 60-minute sessions or approximately two miles. In weeks two and three you need to keep up the one-hour sessions twice a week and on weekends do a longer swim, pushing it out to 90 minutes or three coves and a flag. You need short pit stops with fuel and drink every 25-30 minutes that allow you to swim continuously and stave off the creeping numbness that invariably snakes up your limbs. This keeps the core solid and with practice, will allow you to swim through the inevitable 'claw' that comes after an hour and a half. For every planned session, go a little further, even if it's

only an extra buoy, it will stretch your confidence in every way. For week five's long swim, have a go at two hours (I only managed one hour and 50, Bob inspired with two, and Bill seemed robust as a seal). Then taper for the final week: one 60-minute swim, a one-mile swim, and three days before the big day; a graceful 'flag and back.' You are set.

—Peter Bartu 2:07

The 2nd Cove of Endurance

Even before the swim began, as I walked out to the dock and saw the churning, white cap-filled cove I thought, "This is going to suck!"

Doing the "Five Coves" is far beyond what is required for the Fort Point swim, the longest official Dolphin Club event and the longest I

¹A fellow, a jolly good chap (Brit. slang)

had previously done. Two hours (plus change) in the water simply didn't exist. So when Peter first posed the challenge, I figured I'd maybe do three coves but certainly not five! I rarely swam more than 45 minutes. During one of our early training swims, and without much build-up, I managed stay in for an hour and 20 minutes but it was a struggle

I had no experience training for longer swims and had never had a need to worry about nourishment. In fact we were all pretty new to this so there was a lot of improvisation about what kind of drink and gels to use. We were flying blind. The first time that Peter pulled out Duke's little floating snack cart so that we could keep our drinks by the dock, the indefatigable channel swimmer Laura Zovickian was out there and asked him if he was doing a long swim. "Yeah, three." Then she asked, "three hours." "Um, no. Three coves." She laughed.

But, by trial and error—and over the course of a few weeks of longer swims—we learned what we liked and what we didn't. Personally, I can only stomach the energy gels or "Gu" from the chocolate/espresso/peanut butter family and find the artificial fruit-flavors repulsive. And I've converted Peter to the Zico brand of chocolate coconut water (now a common ingredient of fancy cocktails.)

More than anything, however, I think we were all committed mentally to finishing the five coves by the time May 5 rolled around. Peter and Duke said things that really stuck with me about how you can—and have to—push past that initial "cold" or "tired" feeling, and then you really can keep going. I was going to swim five coves. So after that first cove I accepted

the fact that it was going to be rough and by the time laps two and three were over, there was never a doubt.

—Bob Cable 2:22

The 3rd Cove of Redemption

Finishing lap four, I pull up to the SERC dock and call out my number, 29. The SERC crew has been amazing! Totally organized, they bring the water bottle that I've spiked with energy gel, in a matter of seconds. I take two swigs. Evan from SERC urges me on. That guy has made me feel like I'm Lewis Pugh every time I stop to fuel up and take off again! At this moment, I love everybody at SERC! What a supportive group! I've been in the water for about two hours and ten minutes. One more cove. With the flood and the 25 mph winds, getting to the flag has been the hardest part of every circuit but this is the last one!

My friends Duke and Julian Sapirstein are out in a double kayak to support me. When I first saw them just after passing the goal posts on my third lap, it definitely buoyed my spirits. They're just in wet suits. Little do I realize, what with the wind and spray from the water and the fact that they don't have to paddle very hard

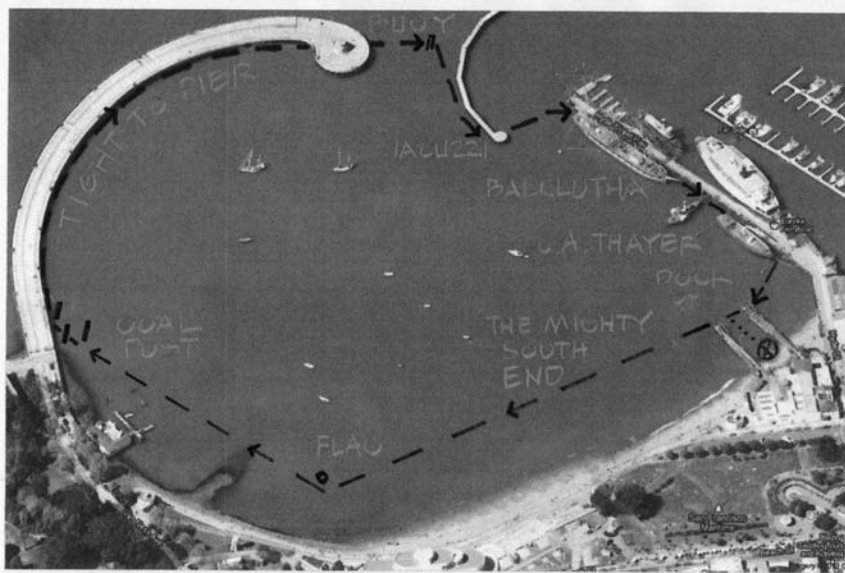
to follow me, they're freezing! Cy Lo, a friend from SERC, is piloting and offering encouragement as well.

The course involves swimming through the Roundhouse, something I've never done before. On lap one I see someone else do it and just follow. It's easy! By lap five I'm an old pro at this, that is until I hit my right hand on a concrete column half-way through. It hurts! And I'm bleeding. But I decide it's not broken. Gotta keep going. At the opening it's an amusement park ride, up, down, and sideways. My arms are getting tired, but I time my stroke to the rise and fall of the waves and sort of body surf in towards the Jacuzzi. There's the Balclutha! One last swim down 'rat alley' between Hyde Street Pier and the boats, trying to avoid the barnacle encrusted chains and ropes. I make it with a few final scratches. Swimming behind the Balclutha and Thayer is not something I plan on doing regularly.

I'm at Oprah – where the flood tide hits me and I have to fight my way back to the SERC dock. They congratulate me. I feel pretty good right now! I start shivering as I walk up the stairs. I don't shiver much once February ends, so shivering makes it feel like an accomplishment! Inside I see Peter and Bob, who look warm and happy.

I am so glad I did the swim and grateful to SERC for letting me participate. It's as challenging a swim as I've undertaken and all without leaving Aquatic Park! Maybe we Dolphins should ask if we can co-sponsor this thing!

—Bill Burke
(2hr 45 min)



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Lisa Newman-Wise rises from the waves along Ocean Beach

*Bay to Breakers (*the aquatic version) - May 18, 2014*

Swimmers: Brendan Crow, Joe Marenda, Lisa Newman-Wise, Peter Bartu

Pilots: Melissa King, Terry Horn, Bob Cable, Duke Dahlin, Marcus Auerbuch, Doug James, Brian Kiernan, JD Durst

Part I (Brendan)

Despite a Small Craft Advisory in effect, conditions seemed too good to be true as the sun rose the morning of Bay to Breakers, especially with low cloud cover and an unbelievably small wave report from Ocean Beach. The team approached

the base of the Bay Bridge just a few minutes after our planned 6 am jump. A nervous excitement stirred in each of the three motorized craft, which held the four swimmers and four kayak pilots. Just before the lead pilot, JD Durst, made contact with Vessel Traffic a container ship captain declared his intention to depart from south of the BB and drive right over our path. As JD quickly negotiated the next steps, we noticed several large ships crisscrossing our swim route in front of us. Of course, swims in the bay never go exactly as planned.

The first leg was a little choppy on the way towards Alcatraz, but nothing you wouldn't face on a windy day in the cove. But, after rounding the corner near Pier 39, the conditions worsened dramatically with wind gusts up to 40 knots and waves cresting over us. Throughout the first half of the swim, Melissa

and Terry strained to keep their kayaks perpendicular to the breaking waves, but as soon as they stopped for a water/food break the wind and waves pushed their kayaks sideways. As Lisa and Joe stopped for their feed, the two kayaks turned. Terry managed to stay upright, but Melissa was knocked over, sending her and Lisa's food into the water. The big waves hid the sight of a kayaker capsized in the middle of the bay from the other pilots. In the relentless wind and waves Lisa and Joe held the kayak so Melissa could climb back aboard. After a couple of failed attempts, Lisa and Joe were starting to worry as they felt the cold creeping in. Luckily the third try succeeded. At this point, we were only about 40 minutes into a more than two-hour swim and I too was starting to feel cold creep in, shivering during my feed. We hoped conditions would improve because at this rate, we were going to need to come up with a plan B fast.

Part II (Joe)

The approach to the Golden Gate was like a drunken rugby match; we were being hit from all sides and we couldn't figure out the rules. Every hundred yards, the water became increasingly violent. Lisa and



Photo Terry Horn

Joe Marenda rounds Seal Rocks

Joe chatted briefly during a snack break and were convinced the swim would be called at the Golden Gate ("Plan B"). If it was this bad inside the Bay, imagine how bad it would be outside? But, the five-knot current soon carried us quickly to the Bridge and beyond in spite of the best effort of the breaking waves to beat us back.

To our shock and relief, the water smoothed out once we crossed the threshold, and we had a gently rolling swell. The wind was minimal, the fog lifted. We were elated (ok, maybe "elated" after a beating like that is a bit of an exaggeration). Lisa, Joe and Peter stayed in the main current near the shipping channel while Brendan took a more direct "short-cut" to Mile Rock. The "short-cut," however, turned out to be a resurfacing of Charybdis! With a radio call from Katie and James who were watching from the bridge, Brendan was directed north out of the back eddy, though not before falling behind.

The swim past Mile Rock was uneventful for the others and it was a good chance to stretch out and enjoy the scenery. The only problem was a distant cargo ship that seemed to loom forever on the horizon. JD charged up to confront it in Arias, returning to report that the ship was actually heading out. With that news, the swim was bliss.

Part III (Lisa)

As I came around Mile Rock at about 1h 45min, I was feeling great. I was about three-quarters



Photo Bill Burke

Peter Bartu surfaces at Bondi, no, Ocean Beach



Photo Marcus Auerbach

Brendan Crow passes under the Bridge. For him, the hardest part wasn't over.

of the way through the swim, and thrilled with the relatively calm water after the washing machine between Alcatraz and the Golden Gate Bridge. However, I was a bit disconcerted not to see any other swimmers or motorized craft. I asked Melissa, my trusty kayak pilot, where the others were and she waved nonchalantly on and encouraged me to keep swimming. The sun had gone behind the fog, and I didn't want to get cold, so I put my head down and committed to making my goal: under 2h 30min.

The next several hundred meters passed quickly. I was at Cliff House and at Seal Rocks before I realized it. Getting past those darn rocks, however, felt like it took forever - just like the Palace of Fine Arts. They just wouldn't fade into the distance. I'd jumped in the water at Ocean Beach the day before and been pushed around quite a bit, so silently thanked Karl the Fog (see @karlthefog) for the milder surf as I prepared to head to the beach. Hopefully I wouldn't take too many more gulps of salt water before the finish.

I swam past a group of surfers near Seal Rocks, still heading south, and waved good-bye to Melissa as she shouted "We made it!" and sighted on the windmill at the edge of Golden Gate Park.

Reaching the beach was

not easy. While I didn't get turned upside down or mercilessly beaten up, it was a slog. Fortunately, I could see folks on the beach, and Chris Wagner's bright blue and red swim jacket was my destination. I could not have been more thrilled when I finally stood up in the sand on Ocean Beach, feeling really strong, and not too cold. Our welcoming committee was so fabulous - nearly a dozen Dolphins with outstretched, welcoming arms; towels; hot water and snacks; and great cheers! I was astounded to find I was the first out of the water, and thanked the scouting crew, the weather, and my pilot for enabling me to have such a smooth swim.

All in all, swimming Bay to Breakers was a highlight of my time at the Dolphin Club so far. We set a goal, trained consistently, recruited a large, experienced, enthusiastic support crew, and overcame unexpected challenges. I'm already excited for the next one!

Many thanks to all who supported our swim day, especially our pilots and:

Bob Cable
Diane Walton
Chris Wagner
Charlie Cross
Gabriela Cross
James Dilworth
James Fahlbusch
Katie Harrington
Bill Burke
Aaron Rosenthal

MILES

2014
25
YEAR
LIFE
MEMBERS



Gerald O'Dwyer
January 1989



Nikola Pavicic
March 1989



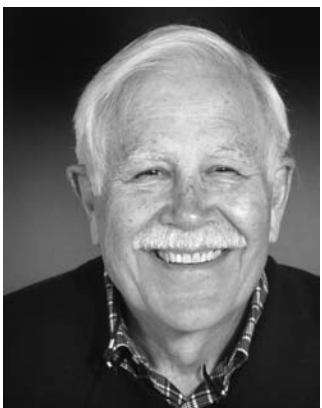
Marla McGowen
April 1989



Tom Whelan
June 1989



Mickey Lavelle
July 1989



Richard Perkins
August 1989

photos unavailable

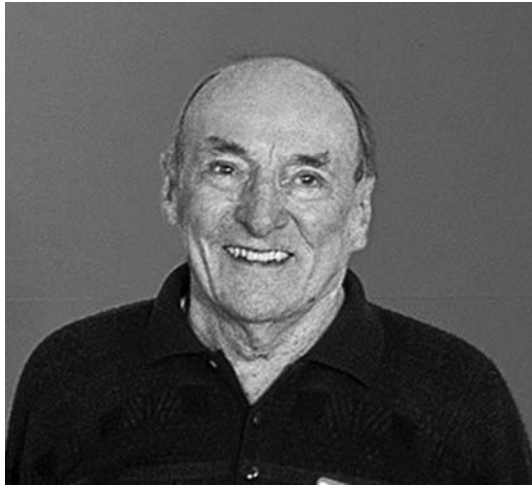
*Robert Bogiages
Lance Feil
Gary Gach
Steve Roach*



Nancy Hornor
September 1989

T O N E S

50
YEAR
LIFE
MEMBER



Jerry Cullen (Member; 1964-2014)

Half a century ago Jerry Cullen would take his morning dip at the Dolphin Club, follow it with a 24-hour shift at SFFD, then return at mid-morning the next day for another swim – fire and water. At that time he knew by name all the regulars among the 250-300 members that made up the club. The regular swims of maybe a dozen members – doctors and lawyers but mostly blue collar workers--were usually organized by IBM's Lawton Hughes who, fortified by a nip from his locker, would "throw a stick in the water to determine the tide," according to Jerry, and the event would proceed. A shower was available for warm-up afterward, at least if you finished among the leaders and had access to hot water. Soon,

however, Hank Willinger, the club's custodian and former ship's carpenter, built the first sauna, drawing on a few thousand dollars raised at a dinner dance.

It has been a decade or so since Jerry participated in a club swim, though a couple of years ago – at 78, piloted by his contemporary Dan Osborne – he swam Alcatraz (has anyone over 78 done that?). And he's in the cove every Monday, Wednesday, and Friday morning at 6:30 with Lee Hammock, Charlie Martin and John Flavin for his customary dip, followed by a breakfast often prepared by some of the newer members from the distaff side. This year he will be the only recipient of the 50-Year Member award.



Larry Scroggins
September 1989



Margaret Curtis
October 1989



Steve Worthington
October 1989



Photo Russell Miller

Young Tom Troneum Scullers learn Whitehall etiquette from the masters.

Another busy quarter for rowing and a still busier one coming up over the next three months. We are launching into our season of major swims and we will be looking for as many pilots as we can gather! We have the Golden Gate Bridge swim, Alcatraz, Ft. Point, and on September 21, the Swim Across America event. We are anxious to train any and all of you who may be interested in piloting.

In early July, Jay Dean led a group of rowers to an Angel Island

overnight in conjunction with a summer youth program sponsored by the National Park Service. Later in a July, JD Durst and Jay Dean led another group for an overnight to China Camp, again in conjunction with an effort by John Muir and the National Park Service. This trip included the Wieland and two heavy doubles, all loaded with overnight gear and supplies. Four hours of rowing. Each way!

The youth program with the Tom Troneum Scullers is going gangbusters!

Coach Tom O'Connell and the rowers are here each Monday and Friday morning and will be carrying on until the middle of August. We are going to conclude their summer training with a breakfast row to the Java House in the Wieland and several doubles on Monday August 18. If any rowers would like to join us on Monday or Friday mornings, come to the boathouse at 7 am. Several members are already joining in.

Tuesday night boat nights are busy, as always! We are

averaging between 20 and 30 people each evening, and we've topped 40 on several occasions. Dinner is served at 9 pm and all members of the club are invited to come. Jon can put all hands to work. Repairs have been completed on the Kapuna, and the Bruno has been returned to the fleet. We have two more heavy singles to be cycled through this year, along with the usual ongoing upkeep and maintenance of other boats. In addition, the Don Reid boat is getting under way.

We are also addressing several other "minor" matters including modifications of our life jacket procedures, further kayak issues, and some matters of erg maintenance. In addition, we are in the process of acquiring one more single shell for the Lake Merced Boathouse.

As always, we extend a big "thank you" to all the members who come by on boat night and lend a hand. They make a big contribution to the club, directly supporting and enabling our swim program.

John Blackman



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SWIM COMMISSIONER'S REPORT



Photo Dave Zovickian

Photographs of a ship's wake taken less than a few seconds apart by piloting kayaker Dave Zovickian who then changes his focus to something more urgent.

Swims have come fast and furious over the course of this spring and early summer. Since the last log entry, the club has ticked off the Gas House Cove, Pier 39, Yacht Harbor, Bay Bridge, Crissy Field, Doc Howard Over 45 Gas House Cove and SE/DC LGBT Pride swims. With one exception conditions were outstanding, with warm weather and flat waters. That one exception was the Doc Howard, admirably coordinated by Joe Marenda, which had to be switched to a cove swim because of an extremely lumpy and uncooperative Bay. The Bay Bridge swim brought the "big-ass" wake captured for posterity by Dave Zovickian in pictures. And as it was the opening of the salmon season our intrepid pilots were quite busy fending off fishing boats coming in and out of the gas docks. The eddy off of Crissy Field grabbed a few swimmers for a bit, but all found a way out. There was a battle for who could stay in the water the longest with Sibylle Scholz emerging victorious after fending off some stiff competition from John Ingle and Cory Emerson.

Joe Illick topped the Polar Bear list with 140 miles. Joe has consistently

been a contender in this event over the years and this year he has again won the top prize. Way to go Joe! Charlie Cross (112), Byron Harbour (101, top Virgin), Chris Wagner (100.5) and Cory Emerson (90, Virgin) rounded out the first five. Vince Huang logged his consecutive 36th Polar Bear, swimming 54.5 miles. Melissa King was the first to 40. We had 156 Polar Bears this winter including 17 Old Goats. Congratulations to all.

We had some special swims this spring as well. Three intrepid Dolphins, Peter Bartu, Robert Cable and Bill Burke, completed the SERC "Five Coves of Death" swim on a rugged May 5 evening. Peter B, Lisa Newman-Wise, Brendan Crowe and Joe Marenda finished an even more grueling Bay to Breakers, yes swimming from the Bay Bridge to Ocean Beach, in two + hours. Wow! Splendid work 'phins!

On a more serious note, swimmers will need to make changes in the way we sign-up for swims. Throughout this year's swim season we have had a very high dropout rate, as high as 25%. By dropout rate, I mean, a high percentage of members sign up for

a swim, but don't show up. This is unprecedented, so we have thought that it was an aberration, but it seems to be continuing. The purpose of the signup sheet is to allow the swim commissioners time to recruit enough pilots and to reserve any necessary transportation (buses or water craft). Your swim commissioners do not want to limit access to a swim so I tend to err on the side of accommodation, but a large drop-out rate for the Crissy Field swim led to us hiring a second launch, which, as it turned out, we didn't need, at an extra cost of \$800 plus.

So please do sign up in advance. This does indeed help us with logistics, but think of signing up as a commitment to show up. Also, if you are not going to make it, please either scratch your name off the list or email one of the swim commissioners (best bet is dolphinswimcommissioner@gmail.com) 72 hours before the swim. This will go a long way to help solve this problem. Thanks.

*Buoyantly,
John Nogue for
Virginie Jabbour, Joe Marenda
DC Swim Commissioners*

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DOLPHIN LOG SWIM STATISTICS

Polar Bear Results DEC 21, 2013-MAR 21, 2014

Joe Illick	140	Carter Seddon	44
Charlie Cross	112	John Hornor	43.25
Byron Harbour	101	Eileen David	43
Chris Wagner	100.5	Sam Ferguson	43
Cory Emerson	90	Lee Hammack	43
Laura Merkl	83.75	Tom Nuckton	43
Gabriella Cross	80	Phil Scarborough	43
Melissa King	77.5	Suma Snehalatha	43
Joseph Marena	75.5	John Stassen	43
Wolfgang Richter	75.25	Monica Towers	43
Bill Burke	71	Krist Jake	42.75
Peter Cullinan	67	Mark McKee	42.5
Peter Bartu	66	John Nestor	42.5
Mickey Lavelle	65.5	Aaron Rosenthal	42.5
Joe Omran	64.5	Brian Fitzgibbons	42.25
Alex Migoushov	63	Jay Adams	42
Pete Neubauer	63	Erik Cufino	42
Ross Browne	62	Kathleen Duffy	42
John Nogue	60	Nancy Friedman	42
Basil Stamos	60	Joe Gannon	42
Cesar Manzano	58	John Ingle	42
Sergei Khorochev	57	Doug James	42
Hal Offen	57	C. Marchesani	42
Morgan Kulla	56	Robin Rome	42
Neal Powers	55.5	Anita Holmquist	41.75
Vincent Huang	54.5	Peter Badertscher	41.5
Beth Stein	53.5	Natazha Bernie	41.5
Alex Buehlmann	52.5	Arnie Oji	41.25
Ken Frank	52	Rick Avery	41
Lolly Lewis	52	Julie Haas	41
Lisa N.Wise	52	Sean Lavelle	41
Joel Bleskacek	51	Joe Mannion	41
Michael Caniglia	51	Michael Matthey	41
Andy Stone	51	John Mattox	41
Ted Tilles	50.25	Roxy Phifer	41
Robert Cable	50	Jason Prodoehl	41
Jim Frew	50	Deborah Sullivan	41
David Holscher	50	John Theede	41
Kerry Labelle	50	Rudeen Monte	41
Daragh Powers	50	Nancy Hornor	40.75
Firat Yener	50	John Ottersberg	40.75
Tom Hoffman	49.75	Jim Barron	40.5
Larry Scroggins	47.5	Jon Nakamura	40.5
Nancy Lange	47	Kevin O'Connor	40.5
Mark Gustin	47	Miguel Melendez	40.25
Darcy Wettersten	47	Kamran Atabai	40
Laura Zovickian	47	Eileen Buckley	40
Randy Edwards	45.75	Matthew Canepa	40
Sean McFadden	45.75	Joanne Carr	40
Brian Matthey	45.5	Kim Chambers	40
Suzanne Whelan	45.25	Victor Critchfield	40
Ward Bushee	45	Kathryn Cronin	40
John Mervin	45	Brendan Crow	40
Pavla Podolska	45	Jesse Czelusta	40
Holly Reed	45	Luke Donavan	40
David Rich	45	John Dugan	40
Mark Robinson	45	Lynn Goehner	40
L.Casablanca	44.75	Rey Hassan	40
Keith Gray	44.75	Clint Hendler	40
Tom Brown	44.5	P. Hollingsworth	40
M. Meyers	44.5	Patrick Horn	40
Terry Horn	44	Heidi Howell	40
Jane Mermelstein	44	Recep Iscan	40
Stephen Schatz	44	Pieter Kruit	40

Daniel Madero	40
Jackie McEvoy	40
Sunny McKee	40
Victor Pizarro	40
John Renko	40
S. Schlumberger	40
Kevin Shanahan	40
Daniel Taaffe	40
Nobu Takahashi	40
Rebecca Tilley	40
Paul Vanhoven	40
Ralph Wenzel	40
Rusa Chiu	34.5
Omer Thompson	33.75
Sue Garfield	32.5
King Sip	32.5
Duke Dahlin	29.25
Gail Grynbaum	25
Julian Sapirstein	25
Janice Wood	25
Roy Bergmann	23
Joseph Schatz	23
Rory Enke	20.5
Mimi Osborne	20.5
Mary Cantini	20.1
Jerry Cullen	20
Tom McGraw	20

Yacht Harbor Swim APRIL 27, 2014

Place	Name	Time
1	Andrew Wynn	27:59
2	Lisa Newman-Wise	28:07
3	Patrick Dinan	29:09
4	Joseph Marena	29:16
5	Stephen Schatz	29:21
6	Randy Edwards	29:25
7	Peter Bartu	30:39
8	Kala Sherman-Presser	30:44
9	Laura Zovickian	30:52
10	Katie Harrington	31:29
11	Clint Hendler	31:37
12	Steve Carlson	32:00
13	Mickey Lavelle	32:36
14	Robert Cable	33:21
15	Morgan Kulla	33:24
16	Nancy Lange	34:08
17	Renee Kaufman	35:03
18	Kate Coleman	35:13
19	Charlie Cross	35:20
20	Brian Matthey	35:30
21	Gina Rus	35:37
22	Joanne Desmond	35:51
23	Michael Caniglia	36:15
24	Keith Nelson	36:20
25	Margaret Keenan	36:23
26	Jay Adams	36:24
27	Monica Towers	36:50
28	Rick Avery	36:53
29	Aaron Rosenthal	37:03
30	Joni Beemsterboer	37:04
31	Byron Harbour	38:08
32	Kerry Labelle	38:18

33	Gabriella Cross	38:30
34	Jackie McEvoy	38:38
35	Pete Neubauer	38:47
36	Holly Reed	38:59
37	Laura Jones	39:16
38	Doug James	39:28
39	Kathleen Duffy	39:41
40	Richard Haymes	40:12
41	Firat Yener	40:15
42	Ken Frank	40:57
43	Jeff Russell	41:07
44	Scott Halsted	41:49
44	Janice Wood	41:49
46	Bevan Daniels	41:55
47	Hal Offen	43:15
48	Wendy Katzman	44:22
49	Bill Burke	44:29
50	Arnie Thompson	44:30
51	Cynthia Barnard	44:47
52	Carolyn Hui	45:09
53	Kent Myers	47:11
54	Sibylle Scholz	47:45
55	Adrewanne Emerson	48:10
56	Suma Snehalatha	52:27
57	John Ingle	52:36
Pilots: Jean Allan, Marcus Auerbuch, Dean Badessa, Jon Bielinski, Marjorie Boor, Judith Calson, Lowen Cattolico, Barry Christian, Brendan Crow, Duke Dahlin, Jay Dean, Marianne Dean, Paul DuBois, J.D. Durst, Sam Ferguson, Sara Goetzelman, Don Harrison, Terry Horn, Jeff Joslin, Brian Kiernan, Melissa King, Robert Mackey, Tom McCall, George Morris, John Nogue, Joe Omran, John Stauffer, Jennifer Votava, Peter Votava, Diane Walton, Ben Zovickian, David Zovickian, Noah Zovickian Helpers: Laura Atkins, Steve Carlson, Kate Coleman, Peter Cullinan, Eileen David, Joanne Desmond, Randy Edwards, Pauline Farmer-Koppenol, Maria Finn, Nancy Friedman, Sue Garfield, Katie Harrington, Clint Hendler, John Ingle, Morgan Kulla, Kerry Labelle, Mickey Lavelle, Jackie McEvoy, Hal Offen, Era Osibe, Aaron Rosenthal, Eric Shupert, Andrew Wynn Test Swimmers and Pilots: Laura Croome, Peter Cullinan, James Fahlbusch, John Nogue, Hal Offen, Joe Omran, Jamie Robinson, Jean Allan, J.D. Durst, Cory Emerson, Sara Goetzelman, Deirdre Golani, Katie Harrington, George Howell, Doug James, Liz Kantor, Suma Snehalatha, Diane Walton		

Bay Bridge Swim MAY 4, 2014

Place	Name	Time
1	Andrew Wynn	27:59
2	Lisa Newman-Wise	28:07
3	Patrick Dinan	29:09
4	Joseph Marena	29:16
5	Stephen Schatz	29:21
6	Randy Edwards	29:25

DOLPHIN LOG SWIM STATISTICS

Photo Chris Tschinkel



China Camp revelers

7	Peter Bartu	30:39
8	Kala Presser	30:44
9	Laura Zovickian	30:52
10	Katie Harrington	31:29
11	Clint Hendler	31:37
12	Steve Carlson	32:00
13	Mickey Lavelle	32:36
14	Robert Cable	33:21
15	Morgan Kulla	33:24
16	Nancy Lange	34:08
17	Renee Kaufman	35:03
18	Kate Coleman	35:13
19	Charlie Cross	35:20
20	Brian Matthay	35:30
21	Gina Rus	35:37
22	Joanne Desmond	35:51
23	Michael Caniglia	36:15
24	Keith Nelson	36:20
25	Margaret Keenan	36:23
26	Jay Adams	36:24
27	Monica Towers	36:50
28	Rick Avery	36:53
29	Aaron Rosenthal	37:03
30	Joni Beemsterboer	37:04
31	Byron Harbour	38:08
32	Kerry Labelle	38:18
33	Gabriella Cross	38:30
34	Jackie McEvoy	38:38
35	Pete Neubauer	38:47
36	Holly Reed	38:59
37	Laura Jones	39:16
38	Doug James	39:28

39	Kathleen Duffy	39:41
40	Richard Haymes	40:12
41	Firat Yener	40:15
42	Ken Frank	40:57
43	Jeff Russell	41:07
44	Scott Halsted	41:49
44	Janice Wood	41:49
46	Bevan Daniels	41:55
47	Hal Offen	43:15
48	Wendy Katzman	44:22
49	Bill Burke	44:29
50	Arnie Thompson	44:30
51	Cynthia Barnard	44:47
52	Carolyn Hui	45:09
53	Kent Myers	47:11
54	Sibylle Scholz	47:45
55	Adrewanne Emerson	48:10
56	Suma Snehalatha	52:27
57	John Ingle	52:36
Pilot: Jean Allan, Marcus Auerbuch,		
Dean Badessa, Jon Bielinski, Marjorie		
Boor, Judith Calson, Lowen Cattolico,		
Barry Christian, Brendan Crow, Duke		
Dahlin, Jay Dean, Marianne Dean, Paul		
DuBois, J.D. Durst, Sam Ferguson,		
Sara Goetzelman, Don Harrison,		
Terry Horn, Jeff Joslin, Brian Kiernan,		
Melissa King, Robert Mackey, Tom		
McCall, George Morris, John Nogue,		
Joe Omran, John Stauffer, Jennifer		
Votava, Peter Votava, Diane Walton,		
Ben Zovickian, David Zovickian, Noah		

Zovickian Helpers: Laura Atkins, Steve Carlson, Kate Coleman, Peter Cullinan, Eileen David, Joanne Desmond, Randy Edwards, Pauline Farmer-Koppenol, Maria Finn, Nancy Friedman, Sue Garfield, Katie Harrington, Clint Hendler, John Ingle, Morgan Kulla, Kerry Labelle, Mickey Lavelle, Jackie McEvoy, Hal Offen, Era Osibe, Aaron Rosenthal, Eric Shupert, Andrew Wynn Test Swimmers and Pilots: Laura Croome, Peter Cullinan, James Fahlbusch, John Nogue, Hal Offen, Joe Omran, Jamie Robinson, Jean Allan, J.D. Durst, Cory Emerson, Sara Goetzelman, Deirdre Golani, Katie Harrington, George Howell, Doug James, Liz Kantor, Suma Snehalatha, Diane Walton

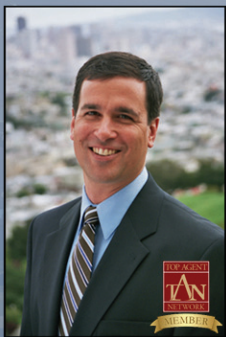
Crissy Field Swim MAY 26, 2014

Place	Name	Time
1	Patrick Grady	50:36
2	Chris Wagner	51:05
3	James Fahlbusch	53:01
4	Laura Zovickian	53:32
5	Joseph Marena	53:40
6	Randy Edwards	54:39
7	Stephen Schatz	54:44

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DOLPHIN LOG SWIM STATISTICS

8	Peter Bartu	55:53	Rosenthal, Ron Russ, Julian Sapirstein, Stephen Schatz, Kris Steck, Andy Stone, Janice Wood, Madhuri Yechuri Special Helper: Era Osibe Test Swimmers and Pilots: Jon Bielinski, John Blackman, Laura Croome, Peter Cullinan, Cory Emerson, James Fahlbusch, Deirdre Golani, Katie Harrington, Doug James, Nancy Lange, Jackie McEvoy, John Nogue, Joe Omran, Roxy Phifer	Cable, Jesse Czelusta, Jay Dean, Mac Dean, Marianne Dean, J.D. Durst and Bingo - his dog, Michael Han, Davis Ja, Liz Kantor, David Maloney, Miguel Melendez, Chris Tschinkel, Megan Wachs, Diane Walton Special Pilots: Mac Dean, Lina Graber-Lewis Helpers: Susan Allen, Eileen Buckley, Andrew Cassidy, Charlie Cross, Gabriella Cross, Brendan Crow, Erik Cufino, Eileen David, Susanne Friedrich, Brian Gilbert, Scott Halsted, Byron Harbour, Mia Hershiser, John Hornor, Nancy Hornor, Morgan Kulla, Loretta Madden, Cesar Manzano, Joseph Marena, Kent Myers, Tom Neill, Pete Neubauer, Lisa Newman-Wise, Kevin O'Connor, Neal Powers, Daragh Powers, Polly Rose, Sibylle Scholz, Andy Stone, Paul Vanhoven, Christopher Wagner, Madhuri Yechuri						
9	Tom Neill	57:06								
10	Clint Hendler	57:15								
11	Katie Harrington	58:34								
12	John Selmer	1:00:59								
13	Michelle Cherrick	1:01:13								
13	Catherine Nottage	1:01:13								
15	Robert Cable	1:03:36								
16	Paul Vanhoven	1:05:08								
17	Mickey Lavelle	1:05:56								
18	Nancy Lange	1:06:50	Doc Howard Over 45 Swim JUNE 7, 2014	Dick Beeler Crazy Cove JULY 13, 2014						
19	Norman Hantzsche	1:06:53								
20	Morgan Kulla	1:07:31								
21	Tor Lundgren	1:08:29								
22	Brian Matthay	1:09:30								
23	Beth Stein	1:09:55								
24	Kate Coleman	1:09:58								
25	Joanne Desmond	1:12:00								
26	Dan Brinkley	1:14:42								
27	Bob Blum	1:18:31								
28	Charles Pratt	1:18:53	Place Name Time	Place Name Time						
29	Nancy Hornor	1:19:23			1	Becky Fenson	20:07	1	Patrick Dinan	19:10
30	Aaron Rosenthal	1:20:06			2	Patrick Grady	21:59	2	Suzanne Heim	19:30
31	Andrew Stone	1:20:32			3	Jeffry Peargin	22:27	3	Ryan Dalton	19:45
32	Byron Harbour	1:20:57			4	Christopher Kelly	23:55	4	Sally De Moss	20:42
33	Renee Kaufman	1:21:07			5	Ross Browne	24:14	5	Catherine Nottage	21:09
34	Lucy Hoff	1:21:49			6	Tom Neill	24:58	6	Charlie Cross	21:42
35	Thomas Partridge	1:21:53			7	John Selmer	25:16	7	Eileen Buckley	22:28
36	Pauline Koppenol	1:23:19			8	Victor Critchfield	25:41	8	Michelle Cherrick	22:41
37	Ken Coren	1:23:27			9	Duke Dahlin	26:54	9	Gabriella Cross	22:55
38	Kathleen Duffy	1:25:41	10	Julian Sapirstein	27:10	10	Byron Harbour	22:59		
39	Mike Mitchell	1:26:37	11	Paul Vanhoven	27:12	11	Peter Prato	23:02		
40	John Hornor	1:27:18	12	Erik Cufino	27:52	12	Megan Wachs	23:32		
41	David Strasburg	1:28:04	13	Daniel Madero	28:03	13	Robert Cable	23:40		
42	Alex Buehlmann	1:29:23	14	Charlie Cross	28:25	14	Madeline Eustis	23:46		
43	Scott Halsted	1:30:48	15	Keith Nelson	29:06	15	Joanne Desmond	23:53		
44	Pete Neubauer	1:31:26	16	Joanne Desmond	29:31	16	Michael Caniglia	24:27		
45	Robin Rome	1:31:51	17	Morgan Kulla	29:51	17	Halie Kampman	24:45		
46	Michael Kayton	1:39:16	18	Bob Blum	30:02	18	Kent Myers	25:50		
47	John Ingle	1:53:17	19	Doug James	30:03	19	Cory Sturtevant	26:04		
48	Cory Emerson	2:02:36	20	Lisa Hagerman	31:20	20	Roxy Phifer	26:33		
49	Sibylle Scholz	2:05:16	21	Michael Caniglia	31:24	21	Susan Lauritzen	27:27		
Pilots: Jay Adams, Marcus Auerbuch, Dean Badessa, Eduardo Barranco, Natazha Bernie, John Blackman, Barbara Byrnes, Laura Croome, Jay Dean, Marianne Dean, Paul DuBois, J.D. Durst, Nancy Friedman, Susanne Friedrich, Joan Haab, Don Harrison, Dawn Holley, Terry Horn, Keith Howell, Davis Ja, Liz Kantor, Brian Kiernan, Mary Magocsy, Tom McCall, Allan McLennan, Miguel Melendez, Jane Mermelstein, John Nogue, Will Powning, Holly Reed, John Robiolu, Bill Schroeder, Lance Starin, John Stauffer, Arnie Thompson, Monica Towers, Diane Walton, David Zovickian Helpers: Todd Arnold, Cynthia Barnard, Bob Blum, Dan Brinkley, Judith Calson, Kate Coleman, Peter Cullinan, Duke Dahlin, Joanne Desmond, J.D. Durst, Randy Edwards, Sue Garfield, Brian Gilbert, Sheila Gleeson, Patrick Grady, Lisa Hagerman, Pia Hinckle, Nancy Hornor, Carolyn Hui, Morgan Kulla, Jean Lamming, Mickey Lavelle, Joseph Marena, Janice McCall, Jackie Merovich, Mike Mitchell, John Nogue, Katherine Orr, Roxy Phifer, Robin Rome, Aaron			22	Nani Tosoc	31:51	22	Wendy Katzman	27:48		
			23	Sergei Khorochev	32:02	23	Kate Coleman	28:03		
			24	Andy Stone	32:48	24	Keith Howell	28:47		
			25	Kerry Labelle	32:51	25	Tom Johannessen	30:03		
			26	Neal Powers	33:33	26	Chris Tschinkel	30:06		
			27	Bill Burke	33:37	27	Andrea Allen	31:23		
			28	John Hornor	33:45	28	Ken Frank	32:16		
			29	Gabriella Cross	33:59	29	Cory Emerson	33:10		
			30	Nancy Hornor	34:01	Pilots: Jon Bielinski, John Blackman, Kelley Heye, Laura Jones, Liz Kantor, Michael Kayton, Brian Kiernan, Brian Matthay, Miguel Melendez, John Selmer Helpers: Laura Atkins, Judith Calson, Michael Caniglia, Andrew Cassidy, Gabriella Cross, Kathleen Duffy, Ken Frank, Brian Gilbert, Suzanne Heim-Bowen, Tom Hunt, Tom Johannessen, Wendy Katzman, Mickey Lavelle, Tom Neill, Era Osibe, Jeffry Peargin, Roxy Phifer, Daragh Powers, Robin Rome, Polly Rose, Eric Shupert, Cory Sturtevant, Monica Towers, Janice Wood Special Helpers: Era Osibe, Pat Harvey, Desanne (Finish Photographer)				
			31	Joni Beemsterboer	34:05					
			32	Jan Weidner	34:57					
			33	Jim Frew	35:25					
			34	Pete Neubauer	35:39					
			35	Richard Haymes	36:00					
			36	Maria Finn	36:07					
			37	Pia Hinckle	37:35					
			38	Jane Mermelstein	38:20					
			39	Anne Sasaki	39:02					
			40	Will Powning	39:40					
			41	Susan Lauritzen	39:52					
			42	Janice McCall	40:01					
			43	Janice Wood	40:11					
			44	Carolyn Hui	40:12					
			45	Eileen David	40:47					
			46	Kent Myers	43:29					
			47	Lorna Newlin	44:09					
			48	Kris Steck	44:33					
			49	Arnie Thompson	46:18					
			50	Josiane Feignon	52:35					
			Pilots: Todd Bloch, Eileen Buckley, Brendan Crow, Lisa Newman-Wise, Jon Bielinski, John Blackman, Robert							



Photo J.D.Durst

China Camp: Dolphin Club's newest vacation retreat.

Wow. Hats off to all who pursue their goals relentlessly, on the water and off, and big hats off in the past few weeks to the ten Fourth of July Bridge-to-Bridge swimmers (Victor Crutchfield, Clint Hendler, Sean Lavelle, Cory Emerson, Randy Edwards, Megan Wachs, Melissa King, Joe Marenda, Bob Cable, Chris Wagner) and their pilots, led by Lisa Newman-Wise and Brendan Crow; the latest Dolphin Channel relay (John Nogue, John Stassen, Joel Bleskacek, Cesar Manzano, Arnie Oji, and Peter Badertscher, ably assisted by Channel alum Deirdre Golani); our Woman of Iron, Sunny McKee; and Tsugaru Strait conqueror, Kim Chambers. To be in the midst of dreamers achieving their dreams is such a gift, as is seeing how we combine, over and over again, to support one another.

Who ya gonna call? We all do whatever we can, leaving the Club in a little better shape than we found it, if possible. Somebody is always on site overnight, usually our steward, John

Ingle. Jon Bielinski, our boat builder, is here most days and of course for Boat Night. Phil Sancimino, our doorkeeper, is here on days the Club is open for public access. Jay Adams is our House Captain; John Ingle is handling the ordering of supplies and assuring that the janitors do what needs doing. Roxy Phifer manages our SWAG shop; Janice Wood leads us on recycling, composting and such. Jon Bielinski leads Tuesday night Boat Night with a remarkable crew; the kitchen is a shared responsibility with nods to post-swim John Hornor, Tues night Connie Wellen and the many others throughout the days and nights. John Blackman is the Boat Captain and, with Jim Frew, leads the 4th Thursday morning rows; Barry Christian takes care of the motorized fleet; Jay Dean is the Rowing Commissioner, leading the training of new rowers and open water shell aspirants while Jim Storm tends the Boathouse at Lake Merced. Tom O'Connell coaches the young rowers, JD Durst trains on the motorized, and makes sure the ergs are well maintained (and mixes a mean cocktail); Terry Horn is our guy on the kayaks. John Nogue, Virginie Jabbour and Joe Marenda are our Swim Commissioners, Natazha Bernie and Chris Tschinkel are building our Running practice, with Dipsea expertise from Hal Offen, and Sunny McKee heads up the Escape, with help from Rick Avery and John Ottersberg. Morgan Kulla rules the archiving work, Rich Cooper the Club artifacts, Susanna Friedrich the website and the garden and the walls, Nancy Friedman is our Twitter

maven, and James Dilworth manages the Yahoo group. The list goes on... but that covers the things I've been asked about this month! So great, and the reason we thrive, is how many people do so much.

Water watch - Our message is simple--be as efficient as you can be in your water use. It is an issue of stewardship of our natural resources and it also impacts the Club's financial resources. We now top out at about 6000 gallons of water a day, costing roughly \$5000 a month--\$3400 for the water and \$1600 for the gas to heat the water. I don't know how our additional membership and day use would be factored into any mandatory reduction goals; by the time you read this, we will know more on that front—a Club goal of 10% reduction has been suggested, and we may be told to do more. Our volume of use, in the face of increased numbers of people in the building, says to me that the general cajoling and peer pressure and shower timers and dual flush valves and everything else we're throwing at this are having an effect, and we will have metrics to show the collective magnitude of our individual and institutional small changes. Keep giving us ideas. While there are still tales of the long shower-and- shave (thing of the past, right?) we appreciate those of you who have always been judicious water users, and we applaud those of you who have cut back. Thanks to the Building Committee as they continue to lead this pursuit of best use of our resources.

See you, in and on the Bay!

-Diane



415/252-5510

vdscon@gmail.com
www.vandersterreconstruction.com



The Dolphin Swimming
& Boating Club
502 Jefferson Street
San Francisco, CA 94109

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2014 DOLPHIN CLUB SWIM & EVENT SCHEDULE

Jan 1	Wed TBD	New Year's Day Alcatraz
Jan 1	Wed TBD	New Year's Day Cove Swim
Jan 25	Sat 10:00 am	*Pier 41
Feb 16	Sun TBD	Old Timer's Lunch
Mar 15	Sat 9:30 am	*Gas House Cove
Mar 21	Thur 11:00 pm	End of Polar Bear
Apr 5	Sat 7:45 am	*Pier 39
Apr 26	Sat TBD	Rowers Dinner
Apr 27	Sun 8:30 am	*Yacht Harbor
May 4	Sun 6:55 am	*Bay Bridge
May 26	Mon 8:30 am	*Crissy Field
Jun 1	Sun	100-Mile Swim Begins
Jun 7	Sat 6:00 pm	*Doc Howard Over 45 Gas House Cove
Jun 22	Sun TBD	*SE/DC LGBT Pride Swim
Jul 13	Sun 9:00 am	Dick Beeler Crazy Cove
Jul 19	Sat TBD	*Trans Tahoe Relay
Jul 27	Sun 9:30 am	Under 30 Cove Swim
Aug 2	Sat TBD	*Santa Cruz One Mile
Aug 9	Sat 9:15am	*Coughlin Beach (fun swim)
Aug 17	Sun 11:00am	Walt Schneebeil Over 60 Cove
Aug 23	Sat 8:30 am	*Fort Point
Sep 6	Sat 10:25 am	Joe Bruno Golden Gate
Sep 13-14	Sat/Sun TBD	Duke's 24 hour cove relay
Sep 20	Sat 10:25 am	Alcatraz
Sep 27	Sat 7:15 am	Escape from Alcatraz Triathlon
Oct 25	Sat TBD	Dolphin/South End Triathlon
Oct 31	Fri	100-Mile Swim Ends
Nov 15	Sat TBD	Pilot Appreciation Dinner
Nov 27	Thur 9:00 am	Thanksgiving Day Cove
Nov 23	Fri	Grizzly Bear Challenge
Dec 21	Sun 9:00 am	New Year's Day Qualifier
Dec 21	Sun	Holiday Brunch Party
Dec 21	Sun TBD	Polar Bear Swim Begins
Dec 31	Sat 11:59pm	Grizzly Bear Challenge Ends

All times are approximate & subject to change.

TBD means "to be determined".

ROWING TRAINING

These Saturdays as 9:00 am

January 18, Saturday

February 15, Saturday

March 15, Saturday

April 19, Saturday

May 17, Saturday

June 21, Saturday

July 19, Saturday

August 16, Saturday

September 20, Sunday

October 18, Saturday

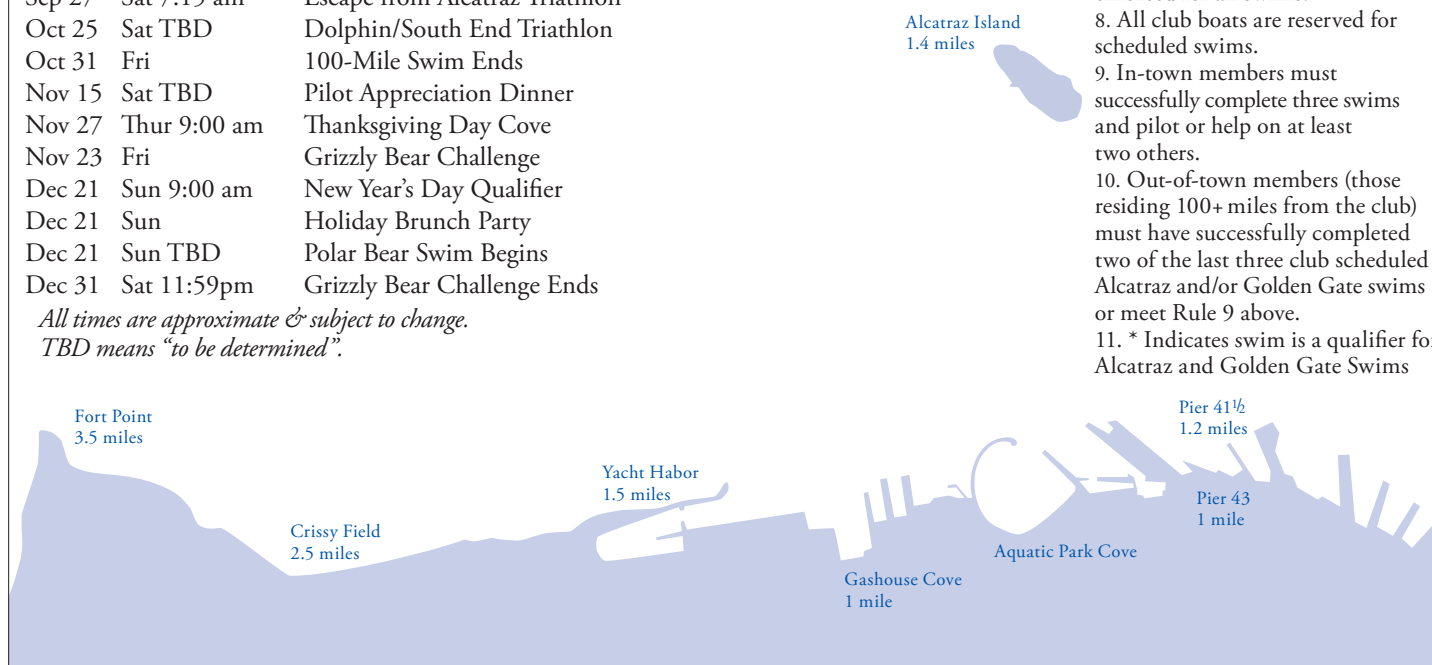
November 15, Saturday

December 20, Saturday

Intro to bay swimming *usually*
offered Saturdays *or* Sunday
after Board Meetings, check
website www.dolphinclub.org

SWIM PROGRAM RULES

1. Club scheduled swims are restricted to club members only.
2. Swimmers are required to wear fluorescent orange caps on all scheduled swims.
3. "Swimmers cannot use "swim aids" for any timed swims. Swim aids include, but are not restricted to, fins, wet suits, snorkels, etc."
4. For out-of-cove swims, swimmers must be members in good standing with club dues current, \$40 swim fees paid, and a current PMS card on file. In-cove swims are free and open to all members.
5. New members are not eligible to swim in scheduled out-of-cove swims for six months from their membership start. However, if one successfully completes the 100-mile swim or 40-mile Polar Bear swim before their six months are up, they can participate in out-of-cove swims.
6. Swimmers must be in attendance at briefing prior to each swim in order to participate.
7. Time limits are imposed and enforced for all swims.
8. All club boats are reserved for scheduled swims.
9. In-town members must successfully complete three swims and pilot or help on at least two others.
10. Out-of-town members (those residing 100+ miles from the club) must have successfully completed two of the last three club scheduled Alcatraz and/or Golden Gate swims or meet Rule 9 above.
11. * Indicates swim is a qualifier for Alcatraz and Golden Gate Swims



FALL 2014

DOLPHIN LOG

THE BULLETIN OF THE DOLPHIN SWIMMING & BOATING CLUB • SAN FRANCISCO • ESTABLISHED 1877



Once 'Round the Cove

Dolphin Log

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Joe Illick, *Editor*
Sunny McKee, *Graphic Designer*
Story Cassidy, *Swim Stats*
Story Rafter, *Proofreader*

Contributing Historian

Walter Schneebeli

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www.dolphinclub.org

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Marenda, Virginie Jabbour,
John Nogue

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Dolphin Club heroes Kim
Chambers and Joe Locke

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Editorial Policy

Submission of any and all material to the Log editors from any and all authors constitutes an agreement between the authors and the editors. This agreement gives to the editors the right to alter the submitted material in any way that the editors feel will improve the material for Log readers. Decisions to alter or publish submitted material will be the decision solely of the editors.

Kayaks at the club

The Dolphin Club maintains a fleet of water craft usually referred to as the motorized and the non-motorized craft. The non-motorized craft include kayaks, paddleboards and standup paddleboards (SUP) as well as the wooden rowboats and the sculls.

There are a few people who take particular interest in kayaking and in the kayaks including Brian Kiernan, Barry Christian, JD Durst, Dave Zovickian and yours truly. The club offers kayak pilot training and a place to store the kayaks. The general rules of kayaking were published in the Fall 2012 issue of the Dolphin Log (available online) and includes: the training and certification of kayakers, rules of kayak use, rules for accompanying DC events, and rules of storage.

Safety

Safety is our first and highest priority. Please do not put yourself in harm's way. Do not paddle in conditions that are above your ability. Paddling conditions in the Cove are very different from the paddling conditions near the South Tower of the Golden Gate Bridge. You will have a different paddling experience near the South Tower on a calm day compared to paddling there on a gnarly day.

This summer someone went overboard from a kayak returning from the Bay Keeper's festivities near AT&T Park. Another person, well intentioned, attempted a rescue and was also dumped. The kayakers

were in high afternoon winds and big chop. What should they have done? First, if you think you will encounter big water, attach a paddle leash before you leave. If you are in the water, get upwind of your boat and hang onto your paddle. A boat full of water can cause serious harm if you are downwind of it. Next, relax; take your time to gather your thoughts. Try to climb back into your boat. Everyone who has taken the kayak safety class during the past few years has been required to dump and climb back in. If you can't climb back, make yourself visible. Hold the paddle high.

If you, as a paddler, come upon someone who needs help, stay beside or downwind from him/her. Offer reassurance. If he/she cannot get back into the boat, very likely in the big water we experience in the afternoons or outside the Gate, stay with him/her. Try to tow him/her back to land while he/she hangs onto the back of your kayak. Try to flag down another watercraft. Be conservative. We don't want to have to rescue two people.

Storage

The club has kayaks stored in the outside shed, the Zahler Room, under the outside stairs, and between the Dolphin and South End Clubs. Some belong to the club. Others are owned by club members and we are trying to accurately determine who owns them. We are also determining which kayaks

Listserve

Members wishing to receive notices posted on the Club's Listserve should go to: Members.dolphinclub.org and click on "Join" You can choose to receive every upload individually or a single posting of the previous day's posts at midnight.

are not functional and which we don't need. Let Brian Kiernan (coastprop@aol.com) or me (terryhorn@sbcglobal.net) know if you own one of the kayaks stored at the club.

All kayaks and SUP's stored at the club may be used by qualified club members. We have had some kayaks and SUPs go missing as well as a paddle or two, and others damaged. Rinse off all equipment after use. If a kayak has foot braces, move the braces as you rinse them. Accidents happen. If you damage a kayak or find one damaged, please let Brian, Boat Captain John Blackman or me know, or leave a large note on the boat. Finally, when you are returning kayaks and paddles to the Zahler Room, dry them off to protect the newly finished floor. *

*Thank you,
Terry Horn*

**House captain Jay Adams writes: The installed finish is a polyurethane sealer called Bona Traffic HD (Heavy Duty). It is an expensive commercial grade floor finish made to resist water. The staining is a result of standing salt water. The other floor finishing option is a penetrating sealer called Waterlox. This is a four-coat sealer that soaks into the wood. Each coat requires a minimum of 24 hours to dry, and the fumes are noxious. Installing it would require shutting down the club for a week.*

Corrections

The swimmers in this year's Bay Bridge Swim were listed incorrectly in the last issue. You will find the correct list on page 14.

The photograph in the Summer 2014 issue purporting to be of new Life Member Richard Perkins was actually a photograph of long time Life Member Richard Antonchuk.

DOLPHIN ★ CLUB ★ SWIMMING ★ RECORDS ★									
MEN					WOMEN				
NAME	TIME	YEAR	EVENT	DISTANCE	NAME	TIME	YEAR	EVENT	DISTANCE
GARIBALDI	18:25	83	GOLDEN GATE	1.0	HEIM	18:44	83	GOLDEN GATE	1.0
KENYON	23:35	82	ALCATRAZ	1.3	HEIM	25:39	85	ALCATRAZ	1.3
GARIBALDI	15:20	74	PIER 39	1.0	HEIM	15:53	06	PIER 39	1.0
HASKINS	21:06	99	Pier 41	1.4	FENSON	20:09	93	Pier 41	1.4
GARIBALDI	14:55	74	GAS HOUSE COVE	1.0	FENSON	15:00	97	GAS HOUSE COVE	1.0
GARIBALDI	23:19	81	YACHT HARBOR	1.5	HEIM	26:09	94	YACHT HARBOR	1.5
KELLY	27:54	88	CRISSEY FIELD	2.5	MERKL	31:55	86	CRISSEY FIELD	2.5
SELMER	37:52	90	BAY BRIDGE TO D.C.	2.8	HEIM	38:02	92	BAY BRIDGE TO D.C.	2.8
SALOMAA	49:32	14	FORT POINT	3.3	HEIM	48:30	14	FORT POINT	3.3
SELMER	15:53	98	DOC HOWARD G.H.C.	1.0	HEIM	17:24	03	DOC HOWARD G.H.C.	1.0
HENNESSY	19:09	90	SANTA CRUZ	1.0	HEIM	17:55	96	SANTA CRUZ	1.0
DUNCAN	49:32	65	PILOT		HEIM	46:46	83	PILOT	
HENNESSY	2:18.16	89	HUGHES	2.0	HEIM	1:54.39	83	HUGHES	2.0
KENYON	1:06.29	82	HARRISON	4.0	HEIM	2:42.18	87	HARRISON	4.0
GARIBALDI	1:12.0	80	ZAHLER WALDEN	3.2	HEIM	1:14.15	93	ZAHLER WALDEN	3.2
GARIBALDI	2:42.09	80	HINTON	3.2	HEIM	1:14.20	87	HINTON	3.2
KENYON	5:4.25	80	HINTON	6.4	HEIM	2:40.36	87	HINTON	6.4
			HARTNETT	3.7	FENSON	58.55	96	HARTNETT	3.7
GARIBALDI	42.17	81	OAKLAND TO SF	5.0	HEIM	1:16.32	84	OAKLAND TO SF	5.0
DAVIES	8:21	90	SF TO OAKLAND	5.0	HEIM	1:25.40	84	SF TO OAKLAND	5.0
SELMER	1:45.15	94	BAY BRIDGE RT.	10.0	HEIM	3:08.0	85	BAY BRIDGE RT.	10.0
SELMER	4:06.26	94	TREASURE IS.	3.0	KULLA	1:08.10	80	TREASURE IS.	3.0
FREILINGER	2:10.04	93	CARQUINEZ TO GATE	27.0	HEIM	5:28.13	83	CARQUINEZ TO GATE	27.0
EVANS	13:45	67	TIBURON	6.0	HEIM	2:13.47	81	TIBURON	6.0
LOCKE	13:58	14	BAY TO BREAKERS	9.1	HEIM	2:05.47	82	BAY TO BREAKERS	9.1
AINSLIE	9:27	87	SAUSALITO TO DC	6.5	FENSON	1:37.10	95	SAUSALITO TO DC	6.5
BINGHAM JENNIE LIBERTY	14:55.0	68	SAUSALITO RT.	11.0	FENSON	1:18	95	SAUSALITO RT.	11.0
COOK HANLAN EVANS	3:34.0	79	CANDLESTICK TO DC	7.5	HEIM	3:39	95	CANDLESTICK TO DC	7.5
ROBT GRAY GARIBALDI	3:38.0	79	FARALLONE TO LAND	200	HEIM	1:42.0	83	FARALLONE TO LAND	200
WATER WEND VAN ROEN			FARALLONE TO GATE	300				FARALLONE TO GATE	300
URREA	426 MI	99	ESCAPE FROM ALCATRAZ					ESCAPE FROM ALCATRAZ	
KEBBE 04 & WENZEL 07 & PEREZ 13			★ RELAYS ★					★ RELAYS ★	
BRUNO 61 GATE CROSSINGS			FARALLONES TO DC	33.0	ALLEN ANTONCHUK PEROTTA KULLA	3:33.55	78	FARALLONES TO DC	33.0
			LAKE TAHOE	14.4	SPENCER HORNOR BREWSTER	3:48.37	82	LAKE TAHOE	14.4
			MAUI CHANNEL	9.0	HEIM HOWARD KULLA			MAUI CHANNEL	9.0
			100 MILE SWIM		HOLTON HILL BAUDERS			100 MILE SWIM	
			POLAR BEAR	★ 356 MILES ★	ROYER	306 MI	98	POLAR BEAR	★ 356 MILES ★

Photo Rich Cooper

Annus Magnus

Some extraordinary records—including two new ones in 2014.

This has been an extraordinary year for the Dolphin Club. The Swim Commissioners' Report on page 13 lists the many accomplishments of club members, many of them unprecedented. Suzanne Heim-Bowen swims around Manhattan in under eight hours, Rachael Perry and Kelly Amdur won the Head of the Charles double, the nation's most prestigious sculling meet Vic Pizarro tows a rowboat from Alcatraz, his arms and ankles shackled (page 20), Sunny McKee qualified to race in the Hawaii World Ironman Championships where she finished in 6th place in her age group, and a couple of relay teams swam the English Channel.

But most remarkable among all the successes are the achievements of Kim Chambers and Joe Locke. Kim completed the last two swims of the Oceans 7. She talks about her extraordinary adventure and ordeals in "Swimming as Therapy" (page 4). Joe Locke, in contrast only completed one swim, but such a swim! It took him seven tries, but in September, challenged by currents, temperature, and the threat of sharks, he became only the second person ever to swim from the Farallones to the Golden Gate (see page 8). They have been nominated for the titles Open Water Swimmer of the Year in the women's and men's categories.

The year culminated in the Club's victory, our first in ten years, in the annual competition with our notorious rival to the east. We didn't just beat them, it was a drubbing, winning handsomely in all three sports—swimming, rowing, and running. Our victory is owed in large part to the influx of new talent and enthusiasm. We initiated over 200 people in 2014 and now have over 1400 members on the roster, a record and a challenge.

The Editors

Missing Minutes

The Dolphin archives work group is looking for missing Dolphin Club Board Meeting minutes. It's a long shot, but you never know what you'll find if you ever do get to cleaning out the garage or attic! So we'd like to check if any members have information or know who might have some of the minutes for these dates:

January 1912 to December 1945 (one can but try)
November 1960 to December 1972

The earlier years are probably handwritten in bound books. The later years might be typed. Please contact Morgan Kulla (northbeach3@yahoo.com) Want to volunteer to help with the archives project? Watch the listserve for announcements of future work days. This is a long-term project, so if you're too busy, there's next year or the year after.

Morgan Kulla

Dolphin Club Building Fund Year End tax-deductible donation

The Dolphin Club building fund was established in 1998 as a method to develop and maintain an additional source of capital for major building related projects. The Club established a "Dolphin Club Account" with the San Francisco Bay Keepers, a 501 (c) (3) non-profit, that maintains the account under a written agreement with the club. Over the 14 years of it's existence the members of the DC have donated monies to the Fund which has enabled the Club to renovate the Ladies locker room ('99), replace the Pier ('08) and replace the lockers in the Ladies locker room ('10). Please consider the Dolphin Club Building Fund in your year end tax planning. Your tax deductible donation should be made by check payable to (or securities endorsed to) "Baykeeper", with a notation on the memo line "Dolphin Club Building Fund". All donations should be sent to Sunny McKee, 502 Jefferson Street, S.F. CA 94109.

Swimming as Therapy

After the Ocean's 7, What's Next?

Kim Chambers



Photo Jocelyn Chambers (Mum)

Crossing the Tsugaru Channel Between Honshu and Hokkaido.



Photo Jocelyn Chambers (Mum)

The Japanese pilot boat flies the New Zealand flag.

Seven years ago on my way to work I slipped down the stairs. I have a high tolerance for pain and I thought it would just be a bad bruise. But my leg kept swelling and six hours later it gave out from under me. My next memory is waking up post-surgery. Diagnosed with acute “compartment syndrome” and 30 minutes from having my leg amputated, I remember the doctor’s words because they stung, “We saved your leg but we don’t know what, if any, functionality you will have.” I had significant damage to the paraneural nerve, and severe nerve pain for a number of years. They had cut through the fasciae but it took over nine months for swelling to go down.

I was treated in a hyperbaric chamber in the burn unit and had to lie in there for hours and hours. Most people with this problem are amputees. The few that are saved are disabled. That was a defining moment because I was set up for a life of being disabled. Out of hospital I was on crutches, then physical therapy for two years. I quit my job and hid myself away. I didn’t want anyone to see me.

Now, in contrast, I welcome the help of others and have been so touched by the outpouring of support not only for my Ocean Seven swims but also all the kind

words through my post-swim recovery.

I had been taught water safety at my little country school in New Zealand but I had never really swum competitively. Two years after the accident I could still hardly walk. I felt stuck. Someone told me about the outdoor pool at Golden Gateway. I'd go down in the evenings. My scars were still very obvious. I didn't swim well, but standing in the pool nobody asked about my leg. It was a great equalizer. I was told 80 laps was a mile and that became an obsession. Then I met two instructors—Jordan Wood, a member of the South End, and Dolphin Mike Chase. They suggested I swim in the Bay. It was November 2009. I was very skinny then, down to 120 pounds, my ballerina weight. The water was 54° and I was so nervous.

Once I got in, I was hooked. Jordan says he's never seen anyone on their first swim smiling ear to ear. It just ignited something in me I didn't know existed. I joined the next month, December 16. I wanted to remember that moment, and I asked the others who joined that day to swim with me along the buoy line in the dark. But no one would. I felt this was the beginning of something new.

From the moment I joined the club, there's always someone to help. First, I swam from Alcatraz in Spring 2010. Then I met Vito Bialla, he took me under his wing and I was invited on the boat with the Night Train Swimmers. They were training for the Farallon Islands relay. It was inspiring to be out there and part of that adventure. I wasn't fast but I could handle the cold, and when one of the team had to drop out (coincidentally it was Joe Locke), Vito called. That was a life changing moment. We swam in May 2011, and we were successful.

In anticipation of unsuccessful attempts, we had taken out one or two extra permits. And there was one left. I put together an all women's team in two weeks. Many of the women I didn't know at the time, but I learned they are the toughest women I have ever encountered: Melissa King (DC), Patti Bauernfeind (DC), Laura Vartain Horn (DC), Cathy Delneo (SERC), and Lynn Kubasek (SoCal). We had terrible conditions but Vito stuck with us and we finished.

The same month I was part of a Manhattan

relay team. Then I started to think about solo swims: San Quentin to Alcatraz, then the English Channel. First I swam the Channel as part of a relay with "502 Tideriders." But I'd told everyone I was going to do a solo attempt. They thought I was mad. Two days later I tried a crossing on my own—which I'd arranged just two weeks earlier. I was so unprepared but I wanted to pull a rabbit out of a hat. My pilot was horrified. He told me I would take 20 hours. I lasted seven miles. I was annoyed at myself. But had I not done that I wouldn't be where I am today. I told myself, next time I would be fully prepared. It set me off on my course. I booked my next Channel Swim right then.

I decided after my failed Channel swim to finally start training. I did some pool sessions. And I thought how meaningful it would be to do my first swim at home in New Zealand. My grandfather was not well, and he is the proudest Kiwi I know. I wanted to do it before he passed. My boyfriend at the time, Joe Locke, was an inspiration. He trained with me and believed in me. After my long training swims, I cried, but I followed the plan to the letter. I'm very disciplined. I think that's my ballet background. I won't do a minute less—or a minute more.

I had lots of support from both Dolphins and Southenders. What's so wonderful about being part of the community is that everyone's willing to help. These swims are never solo. Not just the team beside you in the boat, but someone saying, "Good luck, I'll be following you." It means so much.

The Cook Strait is cold, especially at the end where



After the North Channel, the last and toughest of her seven swims, Kim required a little R&R.



Photo Matt Donoghue

The stroke of someone who never gives up.

there's an upwelling. I emerged hypothermic. I was delirious and don't remember getting on the boat. My boat pilot Philip Rush was scared—and horrified that I hadn't trained properly. I ended up in hospital with trouble breathing. I had been breathing on the wave breaking side, filling my lungs with saltwater.

I started doing 40-kilometer training weeks, training for a swim the length of Lake Tahoe. It took 15 ½ hours and started with me vomiting early because the nutrition didn't agree with me. The altitude didn't help either and the next day I was bedridden.

Then I was on the Night Train relay swim from the Bay to Santa Barbara for charity. First, we had boat trouble and put into Santa Cruz. I had four one-hour shifts a day. Five hours off to eat and sleep. During my seven pm shift I would see the jellyfish rise. It was like being tasered for an hour. They weren't the gelatinous sort. They were another species of cnidarian, like snakes. They would get into my suit. We gave up around Morro Bay after six days.

I didn't want the year to end that way, so I called my friend in Hawaii and went off to swim the Molokai Channel in November 2012. It started well but then the wind came up. It took me nearly 20 hours. I was escorted by dolphins. One of

them looked at me, glowing with bioluminescence and it gave a sense of calm. I was stung by Portuguese man'o war, but my big fear is being held under by a wave at the shore. Sandy Beach on Oahu where the swim usually finishes is known for its big waves and I was scared about finishing. But the conditions had deteriorated so much that we couldn't land there anyway. I was told I'd have to climb a wall, China Wall. I pulled myself out.

That's when I started thinking about the Oceans Seven.

Steve Munatones came up with the idea after open water swimming became an Olympic sport. Stephen Redmond was the first to finish it in 2011. I thought two down, five to go. 2013 was a great year of swimming. Joe and I swam the Strait of Gibraltar together. I learned to put my fitness from one swim into the next. Catalina in July was the first swim where I felt confident, and I had a wonderful team of fellows Dolphins: Melissa King, Nancy Lange and Brett Hillyard. Six weeks later, in September was the English Channel with another great

crew, Melissa King and Emma Perez. It was a happy, magical swim.

Three days later I was on the phone to Ireland about the North Channel. But I wanted to leave that until the next September when the water would be a bit warmer. I wanted to do the Tsugaru Channel earlier, as early as possible. I booked the first slot of the year. On that swim were three colleagues from Adobe Japan and my Mum. I was terrified because swimmers much better than me had taken 15 or 19 hours, though the distance is shorter than 20 km. I anticipated it would take 16 hours or more. The Japanese call that stretch of water the Flying Dragon. As the howling winds from the day before subsided, the pilot said, "I think the Dragon will be sleeping tomorrow."

He was right. Not a ripple. I was told to go fast out of the gate. I was

Kim did a fantastic job. She lost what she loved doing – dancing – but found another love; open water swimming, and by doing so she opened a new world for herself, found a new community of friends, and healed. To swim the seven oceans you have to be able to sustain your commitment, focus, and endurance not for only one, but for seven challenging channel swims. Kim's achievement was Huge. And those in the club who helped Kim inspired her, and she in turn inspired them.

Lynne Cox, Ultra marathon swimmer

worried about sharks but the biggest fish I saw was an inch long. When I got out of the water my Mum asked, “How long do you think you’ve been swimming?”

“12 hours 42,” I said. It was 9.38. One of the things I love about this sport is that you can’t compare yourself to another swimmer because of all the different conditions.

I went to New Zealand to see my mentor Philip Rush who put together my training schedule for the North Channel. I ramped up to 60 km a week. That was a whole new level. My day would start at 4:30 am, training at a Marin pool by 5 am with my Masters’ Group. Then I would come and swim at the Club and be in my office by 9:15. Up until the last swim, when I had to take medical leave, I never took a day off work.

My muscles built up and I also needed to build up fat. I put on 70 pounds, eating five avocados in one sitting, my handbag filled with healthy but calorie-rich snacks. My body is my vessel and I want it to be seaworthy. As Vito said, “It’s a battle,

not a beauty contest.” It’s different from being a ballerina.

I didn’t welcome the unseasonably warm temperatures in the bay last summer because I wanted to be ready for the cold. I had only cold showers for months. I got a kiddie pool, filled it with ice-cold water and sat in it. For a few days before the North Channel swim I went in twice a day for an hour to get acclimated. On my first swim I saw jellyfish, the size of a tire.

After several days in Ireland, trying to get used to the water and resting, the boat captain called. “See you at 4:30 am.” Nervousness, excitement, terror filled me as I was on the cusp of finishing Oceans Seven. Immediately into the swim we were surrounded by landmines of jellyfish, which the pilot tried to guide me through, but sometimes there were just too many. They would blow a whistle. “Move left. Stop. Move right.” I still have nightmares today. I was in a lot of pain and hypothermic. My good friend Matt Donoghue and Oceans Seven swimmer Darren Miller herded

me to shore. Afterwards, probably from aspirating my own vomit, I couldn’t breathe.

These swims have allowed me to get in touch with my emotions. Everything is heightened—fear, delight, excitement—it’s intoxicating and addictive. They have given me a new sense of myself, and I feel very fulfilled. Part of the joy is sharing it, which is why I write my blog.* I cry at the end of every swim. So many emotions and such disbelief are overwhelming. I’m very competitive, but I’m competitive with myself. I love the all-consuming devotion, but I missed out on a lot. And it has all been a tremendous expense. The money from my only sponsor, Blueseventy, goes to a young man in Marin named Theo St. Francis who is recovering from a paralyzing spinal cord injury.

I don’t know what comes next but I do know I’m goal oriented. We shall see...

*kimswims.com



Photo Rachel Ross

Kim climbs the China Wall on Oahu after swimming the Molokai Channel

From the Farallons

Joe Locke completes the Crossing to the Golden Gate

David McGuire



Photo David McGuire

Forty three years ago Dolphin Club member Lt. Col. Stewart Evans completed the first crossing from South East Farallon Island (SEFI) to the mainland, finishing at the beach near Bolinas in 13 hours, 44 minutes. In early September that same year, Ted Erikson swimming from SEFI swam all the way to the Golden Gate Bridge in 14 hours, 38 minutes--the first time ever. Since then, a few relay teams have made the trip across in one direction or the other, but until June 2014 no one has made a complete solo crossing. That month, an accomplished distance swimmer, Coloradan Craig Lenning made the attempt to cross the Gulf of Farallons to the Gate. Currents off Point Bonita caused him to miss the bridge but he successfully landed at Muir Beach in 15 hours, 47 minutes.

My friend Joe Locke has long had his eyes on this goal. A soft spoken, hulk of a man, Locke has swum the English Channel and many other distance challenges. When asked to advise him on sharks and the islands last year, I gladly joined his team. There are a few unusual challenges to this swim. Storms from the Aleutians and localized northwest winds generate large swells, wind waves and strong currents. Coastal upwelling brings up deep nutrient rich cold water creating an abundance of life (and the conditions for the summer fog we know so well), and atop that abundance are the sharks.

Everyone talks about the sharks but few see them. In fact, most of the large white sharks at this time of year are still offshore, heading

back home on their migration from the "White Shark Café" half way to Hawaii. There are sub-adult white sharks that stay in the region all year, and they feed near the island, but the odds of a shark encounter get higher as the water warms and the season progresses into "Sharktober."

In fact, more swimmers are bitten by sea lions locally than sharks. Still, the sharks are here and its part of the risk we take surfing, diving and swimming here. Swimmers considering the Farallons' passage have to weigh waiting for warmer water temperature and milder weather against an increase risk of encountering a white shark.

This was Joe's 7th attempt and my third supporting him, and this time, the conditions looked ideal. On previous attempts the water had



Photo David McGuire

Seventh time's a charm. Joe finishes his swim dwarfed by the South Tower of the Golden Gate Bridge.

been too rough, or the temperature, under 50°F, making it impossible to stay in the water. On one swim Joe nearly made it to Point Bonita before being denied by the mighty ebb tide that had pushed Evans and Lenning north. Today, September 12, 2014 the tides and waypoints had again been carefully calculated. The weather pattern looked like it would hold for a day. Onboard the 34-foot Hyperfish support boat were a team of experienced ocean swimmers including marathon ocean swimmer Evan Morrison who acted as official observer.

With the sea lions and common murrers serenading us, Joe plunged into the darkness a shade after midnight. His stroke rate began high, in the mid eighties, but the water temperature at 53 and calm seas boded well once he settled in. He soon left the noise and odor behind but then swam through patches of stinging jellies, and then bioluminescence.

For the first few hours Joe swam steadily between two and three miles an hour. Every 40 minutes we fed him his home brewed super food tossed out in water bottles on a line. No sharks came to visit, but a sea lion followed him for an hour, swimming beneath and bumping him sometimes from behind.

The swim sanctioned by a Farallon Island Swim Foundation

observes the Channel Rules. The rules allow no assistance and no touching the boat, a swim cap, suit and lanolin for chafe and not much else. Joe swims like the water polo player he once was, with a strong open stroke and a regular heads-up every fourth stroke. Sunrise found us just where we wanted to be, but we ran into the waning ebb 12 miles out from Point Lobos. Joe powered through this sticky water but his rate dropped below two miles/hour and we worried about making the flood tide closer to shore. It took three hours to push past a back eddy north of Four Fathom Bank, but then his speed picked up and it looked hopeful. Tankers exiting the bay and cargo ships coming up from behind all converged as we breasted the Bonita Channel.

On a building breeze kite sailors and yachties cheered as the swimmer chugged steadily up the channel, but looking ahead I could see the green water of the ebb tide meeting the flood. We were running out of time. Ship traffic pushed us close to the foot of the South Tower where the current surged into a standing wave. Joe's rate increased as he sensed the imminent river of water prepared to deny him again.

Joe had hoped to swim to Aquatic Park but as he neared the bridge the going got really tough

right when he least needed it. The last half hour against the building ebb made the bridge an acceptable goal. Powering through the final chop, he cleared the shadow of the Golden Gate Bridge and reached out and touched the pier footing to the cheers of the crew 13 hours and 58 minutes after he had started, becoming only the second person in history to make the swim. His time beat both of the two other six-person relays put together by the venerated Night Train Swimmers.

It felt great to support and document this accomplishment in an epic feat of endurance.

Training, commitment, concentration and a little luck put Joe into the history books. Many have their eye on this crossing, but the swim from the "Devil's Teeth" is not for the faint of heart, even among marathon swimmers. I think I'll stick to diving with sharks.

Join Shark Stewards Director David McGuire on wildlife expeditions to the Farallon Islands in the fall. To learn more or help support our work fighting shark finning or the shark fin trade please visit www.sharkstewards.org.



Photo David McGuire

After 14 hours, blankets supplemented the warmth of success.

Adventures on the Charles River

Racheal Perry



Photo Sport Graphix

Kelley and Racheal powering up to pass as they approach Weeks Bridge

This past October Kelley Amdur and I, with fellow Dolphins Joe Abrams and Tom Laughlin*, competed in the Head of the Charles Regatta (HOCR) in Cambridge, MA. HOCR is one of the world's preeminent rowing competitions with an estimated 11,000 US and International participants. 2014 marked the 50th Anniversary of this historic regatta on the Charles River, a 3-mile winding course. In these competitions, boats race single file with approximately 10 seconds between each at the start. The curvy course is one challenge, but rowers must also navigate under several bridges with narrow arches. Not only is there not much room for passing other boats, but also each year several boats end up running into a bridge, something we hoped to avoid!

Qualifying for the HOCR in a scull involves a lottery system that provides a guaranteed entry the following year for those who finish within 5% of the winning time in their event. Initially I submitted an entry for the Senior Master (40+) Singles event but did not get in. My good friend and training partner, Diane Davis from South End Rowing Club, got in for her Grand Master (50+) Single** event. I sent an email to the race director pleading to please

let me compete. She suggested I enter the Senior Master Doubles event (2x). I contacted Kelley Amdur, a fellow Dolphin who had a successful spring rowing season racing in the Bay Area but moved with her family to Colorado in July. She was game to row so we put in our entry. On September 2nd we got the good news.

After the excitement wore off, we got our training plan together. I would train here in San Francisco on Lake Merced and the Bay, and she would train in Colorado on the erg and on the water once a week in Frisco, CO. Kelley was forced to brave 30 degree mornings on the water and an hour commute each way to Frisco. Despite not rowing together but a handful of times before submitting our entry, we were committed to our training plan and were determined to row our best.

Knowing that Kelley, Diane and I were going to be together in Boston, we wanted to find a 4th person, preferably a local, to compete with us in a second race, the Directors Challenge Quadruple Skulls (4x). This fundraising event is part of the HOCR and groups women of all ages into a single 4x race. Results are handicapped based on age. Enter Carol Feeney. One of Kelley's former Olympic team mates, Carol

arranged for us to borrow a boat from Buckingham Browne & Nichols School where her husband Adam is a coach. Carol agreed that she would sit in the bow, which entails not only rowing but also steering the boat with a rudder connected by a wire to the toe of her shoe. Carol had never rowed a 4x before, yet knew the river and was up for the challenge. This race pitted us; team Quadrow Feeneya, against 29 other boats with a start position of 17. We were able to practice together once before racing on Sunday morning, Oct. 19. We passed several boats in the course of the race (Carol was essentially yelling "yield" the entire time), and we finished 3rd!

When Kelley and I looked at the HOCR race schedule back in July, we saw that we would have 4 hours between the 4x race and our 2x race. Some competitors row two races, one on Saturday and one on Sunday, but very few attempt two in one day. We would have just enough time to get the 4x back to the dock, re-rack the boat, shuttle our oars to where the 2x was located (2 miles up-river) and recover from the 4x race. As race day approached the start time for the 2x was bumped up giving us less than 3 hours between races. "BRING IT ON," we said.

Aside from the level of competition, the challenge of the course and the variable weather conditions, handling is critical. Rowers must navigate the long sweeping turns and narrow bridges while holding their course and passing slower boats all while not crossing the buoy line. Buoy line violations add 5 seconds to your finish time.

We finished respectfully in the 4x then hurried back to start the double. In the 2x the bow seat steers the boat and the stern seat strokes the boat. Kelley sat bow and I sat stern. Steering involves pressing

down harder with one leg while pulling harder with one hand. This allows rowers to guide the boat along its course while applying pressure and consistent stroke rate. Long turns prove challenging when your right leg and arm pull for 10-30 strokes while rowing 30 strokes per minute. Cutting the turn short and coming up to an even stroke (applying equal pressure with both legs and arms) is tempting but you risk losing your course and adding time to your finish. Not ideal in a sport where every second counts.

On race day the weather was acceptable but windy, getting worse as the day progressed. But Kelley and I knew that our open water rowing experience would pay off; we were not worried about the wind and waves. Our race plan was to begin with a high stroke rate through the first bridge, and then settle to our race pace. Our start position was last, number 15 of 15 boats. As we rowed to the start we could feel the 30-knot gusts coming toward us, but we knew everyone else could feel them too. We got off the start line fast and passed our first boat right after the BU Bridge. Kelley kept us on course through the Magazine Beach curve and into

the only straightaway in the race, a stretch of about 1000 meters through two bridges. We passed another boat between the bridges but came up on a third boat right before the Weeks Bridge.

As you pass through Weeks Bridge you have to make a very sharp turn, using hard strokes with the starboard oar in order to preserve your course. We came up on the ladies from North Shore Rowing Club, and I could hear 'Oh expletive, expletive, expletive!' They were in trouble. Kelley called them off, telling them to make way.



Photo Sport Graphix

On the medal stand.

Suddenly they were caught between the buoy line and us. Next thing I heard was oars hitting the deck of our boat. Collision!

Both boats stopped rowing, with oars tangled. NSRC paddled off of us, and we adjusted our course, finally clear. This incident took 5-10 seconds but felt like an eternity. We started back up at 30+ strokes per minute and headed toward Anderson Bridge. Kelley was calling other sculls off again: 'Make way ladies. We're starting our turn'. They made way, and we passed them.

The big turn toward Elliot Bridge is the most challenging part of the course. The last third of the course involves a very long sweeping veer past Cambridge Boat Club (the regatta host) and through the Elliot Bridge. The head winds died down as we started our turn. We came up on yet another boat, which fortunately

gave way, moving to the outside of the curve. Kelley shouted 'Power 10 Rach'. See ya! Starboard oar, more starboard, more... we knew that our friends were at CBC cheering for us. I needed to hear the cheers to keep me going. More starboard...ugh. That's when the sculler starts to question why she is doing this, why create such pain and suffering. Until we hear it...'Go Dolphin Club. Go Kelleyyyyyy. Go Raaaach.'

We pushed through Elliot Bridge to the final turn and the finish line on our second (or third or fourth) wind. We

were hunting to catch another boat, rowing harder and faster as we rounded the riverbank, staying close to the shoreline. We could taste the finish. Ten hard ones. One, Two... suddenly it was over.

We received congratulations (and apologies) from other

competitors at the finish line and made our way back to Riverside Boat Club, where we had rented our boat. Kelley and I had no idea how we placed but were happy with our race. We had stuck to our plan, rowed well together, and had some fun. We hoped we re-qualified for 2015.

We returned to the boathouse, put the scull away, and headed to the locker room, not yet knowing how we did. Kelley suddenly got a call from her husband Jon: 'You won!' What? A text: 'You won-you freaking won.' The results had been posted, and we had come in first by 6 seconds. We won the Head of the Charles. We were stunned. I will never forget that moment. Nor that race.

WE WON!

*Joe and Tom finished 5th out of a field of 15 and re-qualified for 2015.

**Diane Davis finished 8th out of a field of 36 and re-qualified for 2015.

What a bang-up year in the rowing arena our club experienced these past 12 months setting all kinds of records! We are bursting at the seams with wooden boats, kayaks, paddle boards, shells, motorized craft, trailers, ergs, etc. with nary an inch to spare. Jon and the boat shop have been going almost non-stop on a daily basis. It's a reflection of the huge increase in the on-the-water activity we have experienced in the last couple of years in conjunction with the increased membership. We've had over two dozen rowers qualified to row his year, and we have about another dozen right on the cusp of qualification. This is good news for our swimming program because our goal is to always provide ample coverage for all our swims and never have to pull swimmers at the last minute because of lack of pilots. We should be in good shape for swims next year!

Rachael Perry, Kelly Amdur, Joe Abrams and Tom Loughlin took part in the prestigious Head of the Charles races in Cambridge, MA and acquitted themselves admirably, especially, as you see elsewhere in this issue, Rachael and Kelly who, despite training half a continent apart and being held up mid race by confused competitors still managed to come out on top.

The *Weiland* was a big star this year, the most active year it has seen in a long time. It went out many times for fun rows, several times for over-nights, one astronomical expedition, and then, above all, the many training rows in preparation for the DC/SERC Triathlon. In addition, the Tom Tro-neum scullers took it out several times with coach Tom O'Connell and Jon Bielinski. The summer program with

Photo Sport Graphix



the high school rowers was a huge success again for all the kids who participated, for their coach, and for the several club members who helped out. The kids had a great time, and many were on open water for the first time.

Barry Christian was busy all year long keeping the motorized craft up and running. It seems like a never-ending job, but the three ABs and the Arias were ready for all our swims and will be again this year. We'd be hard pressed in our swims if we couldn't rely on these crafts to be constantly

ready to go. We qualified five new AB pilots, and expect about the same number to be qualified next year. By the end of 2015, we hope to have a pool of about a dozen qualified AB and Arias pilots.

We expect to lay the keel for Don Reid's new boat early in the new year. This will be the major job in the boat shop in 2015. It will be great to have a sister boat to the Kapuna. In October we had a fabulous row to Sacramento led by Jon Bielinski with five other members. Shell activity has picked up markedly, both at Lake Merced and Jefferson Street. New shells arrived at both boathouses, with more to come. As usual, space is an issue!

Needless to say, the crowning event was the triumphant role the rowing effort played in our recent victory in the DC/SERC TRI. Hats off to Charlie McIntyre and the women's barge: a close, tough race all the way! No easy win. JD Durst and Quincy Darbyshire led the charge for the other boats. JD did an outstanding job in planning, training and guiding the rowers. We won many 1sts, 2nds and 3rds. A triumph in itself!

This has been a rowing year none of us will soon forget! And behind it all has been the constant encouragement, enthusiasm, and leadership of Diane Walton. She was the spark-plug! Does that trophy look good, or what?

John Blackman



Photo Sport Graphix

Joe (stroke) and Tom (bow) heading into the big Week's Bridge turn at the Head of the Charles

The Club has had a busy late summer and fall both in the bay and surroundings and in waters far and near. Pardon the use of a list, but we are too prolific for words!

1. **June 14:** Suzanne Heim-Bowen swims around Manhattan, 7 hour, 47 min. Tour boats take longer.
2. **June 30:** Lou's Legend Relay crosses the English Channel. Peter Badertscher, Joel Bleskacek, Cesar Manzano, John Nogue, Arnie Oji, and John Stassen, 16 hours, 6 min. While I'm a bit biased, the boys did a great job crossing a 20.5-foot tide, with rain and lightning but no visible burn marks.
3. **July 3:** Kim Chambers swims Tsugaru Strait, 9 hours, 38 min. What can you say about this woman that hasn't been said already? Tremendous!
4. **July 4:** Ten swimmers swim from the Golden Gate to the Bay Bridge. Bob Cable, Victor Critchfield, Randy Edwards, Cory Emerson, Clint Hendler, Melissa King, Sean Lavelle, Joe Marenda, Megan Wachs and Chris Wagner. Hats off to the swimmers, pilots and especially the organizers, Lisa Newman-Wise, Brendan Crow and Joe Marenda for extending the Dolphin Club's reach.
5. **July 12:** Joe Locke swims from the Farallones, 13 hours, 58 min. Only the second person, and first in 47 years, to swim from the Farallones to the Golden Gate Bridge and setting a record to boot. Wow.
6. **July 13:** Dick Beeler Crazy Cove,

Gabriella Cross, Madeline Eustis, Megan Wachs are the winners. Emphasis was on crazy!

7. **July 20:** Four-Man English Channel Relay: Vito Bialla (DC), Matt Davie (DC), Dave Holscher, Scott Stiteler (DC). 11:38. One of the fastest four-person relays of the year. You should view the video and see a different side of Vito. <https://vimeo.com/102933527>
8. **July 27:** Under 30 Cove. Short course, Sakura Myers (Kent Myers' daughter) age 4, long course, Marie Maxwell age 18. We all should feel



Photo Angela Jabbour

Swim Commissioner and SC in training!

very encouraged about the next generation of Dolphin swimmers.

9. **August 17:** Walt Schneebeli Over 60 Cove. Walt wins the Commodore's course again! Duke Dahlin is 1st to the flag and back and Julian Sapirstein takes the cove swim. A whopping 43 participants!
10. **August 23:** Fort Point, Suzanne Heim-Bowen. It was great to see the duel between one of our all-time greats and the new gunslinger.
11. **September 2:** Kim Chambers swims the North Channel of the Irish Sea, 13 hours, 6 min. Kim becomes the only sixth person, third woman and first New Zealander to complete the Ocean's seven. Epic.

12. **September 6:** Golden Gate: Jari Salomaa, aforementioned gunslinger. New faces continue to add to the richness of our club.

13. **September 13:** Duke Dahlin's 12-hr Cove Relay. It looks like a new tradition has been born. Hats off to Duke for suggesting the idea and putting in the time and effort to pull it off. Look for it on next year's schedule of swims.

14. **September 15:** Vic Pizarro III recreated the famous Jack LaLanne swim from Alcatraz, commemorating Vic's 60th birthday and the anniversary of Jack's 100th birthday. Swam from Alcatraz in handcuffs and shackles towing a row boat with a passenger behind him.

15. **September 20:** Alcatraz, Brendan Crow. Brendan fends off tough competition to win it in 27:44.

16. **September 27:** Escape from Alcatraz, swim portion - John Ottersberg (1st male cruiser) and Andrew Wynn (2nd overall) tied for the fastest swim at 31:20.

17. **October 1:** Anacapa to the Mainland, Over 60 Relay (all women). Nancy Lange and Deidre Golani were Dolphin participants. Harrowing tale of what can go wrong in open water. Hopefully more details later, as it is an example of some of the dangers in our sport. Nancy and Deirdre were unharmed.

18. **October 4:** Point Bonita to Aquatic Park. Lisa Newman-Wise, Brendan Crow, Joe Marenda and Chris Wagner. Another example of expanding our swimming horizons.

19. **October 25:** DC/SE Triathlon. We crushed SE by 60 points in the swim portion of the TRI due, in large part, to a strong showing by swimmers placing 1,3,4,5,6,7,11,12,13,15,18,19,20, led by the overall winner and new comer, Adam Eilath.

Other than that, nothing much has been going on around the ol' club!

Buoyantly,

*John Nogue for
Virginie Jabbour*

*Joe Marenda
DC Swim Commissioners*



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DOLPHIN LOG SWIM STATISTICS

Bay Bridge Swim MAY 4, 2014

Place	Name	Time
1	Brendan Crow	44:54
2	John Renko	46:30
3	James Fahlbusch	47:00
4	David Holscher	48:10
5	Joseph Marendia	49:01
6	Laura Zovickian	49:28
7	Sean Lavelle	52:08
8	Kala Presser	52:16
9	Katie Harrington	52:40
10	Mickey Lavelle	52:58
11	Arnie Oji	53:38
12	Madeline Eustis	54:25
13	Nancy Lange	54:39
14	Charlie Cross	55:03
15	George Morris	55:48
16	Norman Hantzsch	56:47
17	Joanne Desmond	56:59
18	Kate Coleman	57:28
19	Keith Nelson	57:32
20	Peter Badertscher	57:50
21	Michael Caniglia	58:46
22	Byron Harbour	59:04
23	Roxy Phifer	59:20
24	Anita Holmquist	59:40
25	Aaron Rosenthal	59:44
26	Renee Kaufman	59:46
27	Jay Adams	1:00:08
28	Kathleen Duffy	1:00:18
29	Jackie McEvoy	1:00:47
30	Holly Reed	1:01:07
31	John Hornor	1:01:15
32	Pete Neubauer	1:01:20
33	Robin Rome	1:04:42
34	Cynthia Barnard	1:05:13
35	John Ingle	1:09:00
36	Cory Emerson	1:14:04

Pilots: Marcus Auerbuch, Jon Bielinski, Barbara Byrnes, Lowen Cattolico, Tom Davis, Paul DuBois, J.D. Durst, Sam Ferguson,

Sara Goetzelman, Deirdre Golani, Don Harrison, Nancy Hornor, Davis Ja, Liz Kantor, Brian Kiernan, Robert Mackey, Tom McCall, Mary Magocsy, Miguel Melendez, Alexander Mulder, John Nogue, Charles Pratt, Anne Sasaki, Bill Schroeder, John Stauffer, Jennifer Votava, Peter Votava, Diane Walton, David Zovickian
Helpers: Susan_J Allen, Laura Atkins, Bill Burke, Michael Caniglia, Michelle Cherrick, Cynthia Colebrook, Joanne Desmond, J.D. Durst, Ken Frank, Nancy Friedman, Brian Gilbert, Scott Halsted, Pia Hinckle, Nancy Hornor, Carolyn Hui, Tom Hunt, John Ingle, Morgan Kulla, Susan Lauritzen, Mickey Lavelle, Joseph Marendia, Janice McCall, Jackie McEvoy, Jane Mermelstein, Pete Neubauer, Lorna Newlin, Catherine Nottage, Arnie Oji, Jeffry Peargin, Robin Rome, Ron Russ, Eric Shupert, Kris Steck, Andy Stone
Special Helper: Era Osibe
Non-member Helper: Natalie Wisniewski
Test Swimmers and Pilots: Peter Cullinan, Randy Edwards, Adrewanne Emerson, Cesar Manzano, John Nogue, Hal Offen, Joe Omran, Laura Croome, Jay Dean, Marianne Dean, J.D. Durst, James Fahlbusch, Jim Frew, Joe Gannon, Sara Goetzelman, Doug James, Nancy Lange, Alexander Mulder, Lance Starin

Under 30 Swim JULY 27, 2014

Short Course

Place	Name	Time
1	Sakura Myers	02:55

Long Course

Place	Name	Time
1	Marie Maxwell	15:47
2	Noah Zovickian	16:47
3	Alika Lew-Koga	16:49
4	Stephanie Saisi	17:20
5	Ashley Horne	17:42
6	Benjamin Rosenfeld	19:17
7	Andrew O'Mahony	20:20
8	Ben Zovickian	20:38
9	Sophie Nogue	27:40
10	Michael Connolly	29:22

Pilots: Ken Frank, Terry Horn, Sergei Khorochev, Brian Kiernan, Miguel Melendez, David Zovickian
Helpers: Cynthia Barnard, Eileen Buckley, Alex Buehlmann, Judith Calson, Andrew Cassidy, Cynthia Colebrook, Nancy Friedman, Susanne Friedrich, Brian Gilbert, Byron Harbour, Tom Hunt, Joe Illick, Lorna Newlin, Tom Nuckton, Daragh Powers, Neal Powers, Polly Rose, Gina Russ, Eric Shupert
Special Helper: Era Osibe

Walt Schneebeli Over 60 Cove Swim AUGUST 17, 2014

Three courses were swum:

A – Commodore's Course
 B – Flag Buoy and back
 C – 1 mile within cove

Place	Name	Time
A1	Walt Schneebeli	13:34
A2	Diane Walton	13:39
A3	John Davis	15:07
A4	Bob McKenzie	19:47
A5	Charlie Korelec	19:47
A6	John Nestor	20:22
B1	Duke Dahlin	11:29
B2	Ken Coren	14:35
B3	Keith Howell	15:22
B4	Bob Danielson	17:44
B5	Cynthia Colebrook	17:54
B6	Sid Hollister	19:00
B7	Jim O'Connor	20:25
B8	Leslie Daniels	18:17
B9	Polly Rose	21:58
B10	Kathy Brody	24:41
B11	James Vanya	25:38
B12	Pavla Podolska	31:11
C1	Julian Sapirstein	19:53
C2	Todd Oppenheimer	21:01
C3	Mickey Lavelle	21:40
C4	Michael Garibaldi	21:48
C5	Morgan Kulla	22:37
C6	Terry Horn	22:43
C7	Kate Coleman	24:12
C8	Keith Nelson	24:21
C9	Bill Burke	24:29
C10	Andy Stone	25:15
C11	Libbie Horn	26:06
C12	Kathleen Duffy	26:22
C12	Ward Bushee	26:22
C14	Peter van der Sterre	26:27
C15	Holly Reed	26:30
C16	Pete Neubauer	27:04
C17	Krist Jake	28:02
C18	Susan Lauritzen	30:47
C18	Will Powning	31:47
C20	Joe Illick	32:09
C21	Janice Wood	32:29
C22	Eileen David	32:44
C23	Wendy Katzman	34:09
C24	Mary Cantini	35:31
C25	John Owen	37:31

Pilots: Peter Bartu, John Blackman, Bob Blum, Victor Critchfield, Jim Frew, Brian Kiernan
Helpers: Bob Blum, Ward Bushee, Andrew Cassidy, Ken Coren, Bevin Daniels, Dotti David, Becca Fanning, Byron Harbour, Kelley Heye, Keith Howell, Tom Hunt, Joe Illick, Mickey Lavelle, Jackie McEvoy, Bob McKenzie, Tom Neill, Pete Neubauer, Tom Nuckton, Ron Russ, Julian Sapirstein, Peter van der Sterre, Janice Wood, and as usual, the Dolphin Club Swim Commissioners: Virginie Jabbour, Joe Marendia and John Nogue
Special Helpers: Era Osibe, Nguyen Howell, Nico the Dutchman

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DOLPHIN LOG SWIM STATISTICS

Fort Point Swim AUGUST 23, 2014

Place	Name	Time
1	Suzanne Heim	46:30
2	Jari Salomaa	46:33
3	Brendan Crow	48:13
4	James Fahlbusch	48:31
5	Andrew Wynn	48:45
6	Christopher Wagner	49:17
7	Lisa Newman-Wise	51:04
8	Ryan Dalton	52:00
9	Randy Edwards	52:18
10	Stephen Schatz	52:23
11	Katie Harrington	52:56
12	Joseph Marena	53:06
13	Peter Bartu	53:33
14	Tom Neill	53:36
15	Peter Prato	56:09
16	Robert Cable	56:14
17	Nancy Lange	56:36
18	Steve Carlson	56:36
19	Patrick Dinan	57:30
20	Tom Brown	57:45
21	Megan Wachs	57:58
22	Sean Lavelle	58:40
23	Cesar Manzano	59:55
24	George Morris	1:00:27
25	Charlie Cross	1:02:04
26	Victor Critchfield	1:03:57
27	Sergei Khorochev	1:04:44
28	Joanne Desmond	1:05:18
29	Peter Cullinan	1:06:36
30	Thomas Partridge	1:08:14
31	Ron Russ	1:08:37
32	Andy Stone	1:08:47
33	Byron Harbour	1:09:58
34	Kathleen Duffy	1:10:55
35	Aaron Rosenthal	1:11:10
36	Renee Kaufman	1:11:16
37	John Ingle	1:22:04
38	Mickey Lavelle	1:22:44
39	Cory Emerson	Repositioned
Pilots: Jay Adams, Marcus Auerbuch, Jon Bielinski, John Blackman, Barry Christian, Gary Ehrsam, Ken Frank, Joe Gannon, Terry Horn, Davis Ja, Doug James, Brian Kiernan, Robert Mackey, Mary Magocsy, Miguel Melendez, Peter Meredith, Alexander Mulder, John Nogue, Hal Offen, Will Powning, Bill Schroeder, John Selmer, Lance Starin, Diane Walton Helpers: Rick Avery, Andrew Cassidy, Charlie Cross, Ryan Dalton, Dotti David, Joanne Desmond, Patrick Dinan, Cory Emerson, Nancy Friedman, Brad Gambrell, Alexander Germanacos, Brian Gilbert, John Hornor, Nancy Hornor, Tom Hunt, Sean Lavelle, Jackie McEvoy, Hal Offen, Era Osibe, Peter Prato, Aaron Rosenthal, Gina Rus, Jeff Russell, Jari Salomaa, Eric Shupert, Andy Stone, Cory Sturtevant, Christopher Wagner, Janice Wood Non-member Helpers: Tom Schatz, Natalie Wisniewski		

Test Swimmers and Pilots: Andrew Cassidy, John Nogue, Hal Offen, Joe Omran, James Fahlbusch, Katie Harrington, Doug James, Daniel Osborne, Megan Wachs

Joe Bruno Golden Gate Swim SEPTEMBER 6, 2014

Place	Name	Time
1	Jari Salomaa	21:37
2	Christopher Wagner	22:14
3	Ryan Dalton	23:44
4	Patrick Dinan	23:54
5	Stephen Schatz	24:27
6	Joseph Marena	25:00
7	Christopher Kelly	25:40
8	Clint Hendler	26:20
9	Peter Bartu	26:22
10	Tom Neill	27:00
11	Cesar Manzano	27:11
12	Steve Carlson	27:15
13	Julian Sapirstein	27:44
14	Robert Cable	29:04
15	Erik Cufino	30:18
16	Mickey Lavelle	30:24
17	Becca Fanning	30:33
18	Arnie Oji	30:43
19	Morgan Kulla	31:10
20	Charlie Cross	31:38
21	Terry Horn	33:19
22	John Selmer	33:53
23	Margaret Keenan	35:02
24	Bob Blum	35:36
25	Byron Harbour	36:00
26	Charles Pratt	36:33
27	Michael Caniglia	36:41
28	Aaron Rosenthal	36:45
29	Joanne Desmond	36:53
30	Bill Burke	37:09
31	Renee Kaufman	37:23
32	Rick Avery	38:11
33	Sergei Khorochev	38:19
34	Keith Nelson	38:31
35	Kate Coleman	38:48
36	Doug James	39:12
37	Ken Coren	39:22
38	Joni Beemsterboer	39:42
39	Pia Hinckle	39:50
40	Firat Yener	40:35
41	Nancy Hornor	40:59
42	Holly Reed	41:32
43	Laura Jones	41:37
44	Brian Matthey	41:41
45	Roxy Phifer	41:46
46	Mike Mitchell	41:55
47	Kerry Labelle	42:11
48	Jim Frew	42:25
49	Ted Coyle	43:24
50	Kathleen Duffy	43:42
51	John Hornor	44:36
52	Jeff Russell	44:47
53	Bevin Daniels	45:18
54	Cory Sturtevant	45:22
55	Richard Haymes	45:24
56	Gabriella Cross	45:26
57	Alex Buehlmann	45:47
58	Pauline Koppenol	46:33
59	Pete Neubauer	47:42
60	Kent Myers	47:50

61	Joe Illick	50:57
62	Jane Mermelstein	51:57
63	Jackie McEvoy	52:07
64	Keith Howell	52:50
65	Will Powning	53:16
66	Cynthia Barnard	54:54
67	Lorna Newlin	55:24
68	Scott Halsted	55:54
69	Susan Lauritzen	57:43
70	John Ingle	58:49

Pilots: Gregory Anderson, Marcus Auerbuch, Jon Bielinski, Todd Bloch, Ross Browne, Trevor Carney, Barry Christian, Mike Coren, Duke Dahlin, Jay Dean, Marianne Dean, James Dilworth, Paul DuBois, Gary Ehrsam, Sam Ferguson, Jill Fleming, Ken Frank, Stuart Gannes, Alexander George, Sheila Gleeson, Deirdre Golani, Adam Goldberg, Katie Harrington, Don Harrison, Reuben Hechanova, Libbie Horn, Paul Irving, Davis Ja, Virginie Jabbour, Brian Kiernan, Melissa King, Xavier Lanier, Mary Magocsy, Grant Mays, David McGuire, Miguel Melendez, Peter Meredith, Hal Offen, John Ottersberg, Story Rafter, Robin Rome, Bill Schroeder, Spencer Sias, Lance Starin, Elizabeth Tippin, Chris Tschinkel, Megan Wachs, Jan Weidner, Dav Zimak, David Zovickian. **Thanks also to the two South Enders who piloted a double,** Meyer and Peyton. **Helpers:** Susan J Allen, Laura Atkins, Michael Barber, Natazha Bernie, Pete Bianucci, Carol Block, Nicholas Blum, Bill Burke, Andrew Cassidy, Ryan Dalton, Dotti David, John Davis, Adam Eilath, Ken Frank, Nancy Friedman, Brad Gambrell, Sue Garfield, John Hornor, Nancy Hornor, Tom Hunt, Elizabeth Jay, Seth Katzman, Wendy Katzman, Christopher Kelly, Megan Launer, Mickey Lavelle, Cesar Manzano, Jane Mermelstein, Pete Neubauer, Hal Offen, Todd Oppenheimer, Era Osibe, Neal Powers, Robin Rome, Polly Rose, Aaron Rosenthal, Jari Salomaa, Susan Saylor, Kala Sherman-Presser, Alex Sigal, Cory Sturtevant, Arnie Thompson, Monica Towers, Christopher Wagner, Diane Walton, Janice Wood
Test Swimmers and Pilots: Cory Emerson, Jill Fleming, Katie Harrington, Miguel Melendez, Alexander Mulder, John Nogue, Hal Offen, Paul Brady, Victor Critchfield, Ken Frank, Joe Gannon, Kelley Heye, Terry Horn, Doug James, Anna Mackinnon, Tom McCall, Andrea Morgan, Daniel Osborne, Will Powning, Holly Reed



Photo Pauline Farmer-Koppenol

Golden Gate Bridge Swim

DOLPHIN LOG SWIM STATISTICS

Alcatraz Swim SEPTEMBER 20, 2014

Place	Name	Time
1	Brendan Crow	27:44
2	Christopher Wagner	28:26
3	Jari Salomaa	29:11
4	Lisa Newman-Wise	30:00
5	Patrick Grady	30:10
6	James Fahlbusch	30:27
7	Ryan Dalton	30:55
7	Stephen Schatz	30:55
9	Patrick Dinan	31:56
10	Ross Browne	32:18
11	Joseph Marena	33:08
12	Katie Harrington	33:44
13	Christopher Kelly	33:54
14	Randy Edwards	34:07
15	Jesse Czelusta	34:08
16	Kala Sherman	34:13
17	Peter Bartu	34:36
18	Cesar Manzano	35:07
19	Steve Carlson	35:22
20	Tom Neill	35:52
21	Julian Sapirstein	36:02
22	Victor Critchfield	37:26
23	Jill Fleming	38:12
24	Paul Vanhoven	38:29
25	Robert Cable	38:44
25	Sean Lavelle	38:44
27	Morgan Kulla	39:12
28	Erik Cufino	39:18
29	Mickey Lavelle	39:46
30	Arnie Oji	41:46
31	Charlie Cross	41:55
32	Terry Horn	42:56
33	Alex Mulder	43:35
34	Brian Matthey	43:46
35	Bob Blum	44:01
36	Peter Cullinan	44:04
37	David Nosrati	44:29
38	Doug James	44:53
39	Margaret Keenan	45:23
40	Byron Harbour	45:53
41	Keith Nelson	45:58
42	Michael Caniglia	46:23
43	Eileen Buckley	46:49
44	Ken Coren	46:56
45	Rick Avery	47:19
46	Ron Russ	47:31
47	Aaron Rosenthal	47:33



Photo Sunny McKee

John Ottersberg, Ted Tilles and Sean McFadden prepare to jump from the Alma for the start of the EFAT Triathlon

48	Joanne Desmond	47:43
49	Sergei Khorochev	47:45
50	Pia Hinckle	48:12
51	Nancy Hornor	48:32
52	John Selmer	48:50
53	Gabriella Cross	49:13
54	Monica Towers	49:50
55	Bill Burke	50:19
56	Mike Mitchell	51:08
57	Richard Haymes	51:57
58	Kerry Labelle	51:58
59	Roxy Phifer	52:53
60	John Hornor	52:56
61	Laura Jones	53:05
62	Jackie McEvoy	53:45
63	Bevin Daniels	53:56
64	Hal Offen	54:45
65	Kent Myers	55:05
66	Pete Neubauer	56:03
67	Cynthia Barnard	58:16
68	Kathlee Duffy	59:14
69	Will Powning	59:34
70	Janice McCall	59:53
71	Keith Howell	1:01:54
72	John Ingle	1:08:16
73	Sibylle Scholz	1:23:45

Pilots: Pete Bianucci, Jon Bielinski, John Blackman, Paul Brady, Gretchen Coffman, Rich Cooper, Kathryn Cronin, Duke Dahlin, Quincy Darbyshire, Tom Davis, Jay Dean, Marianne Dean, Paul DuBois, Cory Emerson, Madeline Eustis, Pauline Farmer-Koppenol, Sam

Ferguson, William Frey, Nancy Friedman, Brad Gambrell, Don Harrison, Reuben Hechanova, Peter Hollingsworth, Libbie Horn, Paul Irving, Davis Ja, Virginie Jabbour, Liz Kantor, Brian Kiernan, Robert Mackey, Mary Magocsy, Tom McCall, Miguel Melendez, Peter Meredith, Jaron Ness, John Nogue, Joe Omran, Gina Rus and daughter Annie Rus, Lance Starin, David Strasburg, Elizabeth Tippin, Diane Walton, Dav Zimak **Helpers:** Andrea Allen, Laura Atkins, Dean Badessa, Michael Barber, Joni Beemsterboer, Ross Browne, Eileen Buckley, Steve Carlson, Andrew Cassidy, Hazen Clough, Fran Collier, Peter Cullinan, Ryan Dalton, Dotti David, Cory Emerson, Sue Garfield, Brian Gilbert, Patrick Grady, John Hornor, Nancy Hornor, Tom Hunt, Elizabeth Jay, Megan Launer, Susan Lauritzen, Mickey Lavelle, Joseph Marena, Jackie McEvoy, Jane Mermelstein, Kent Myers, Pete Neubauer, Tom Nuckton, Hal Offen, Era Osibe, Erica Pitsch, Robin Rome, Polly Rose, Kala Sherman-Presser, Eric Shupert, Matt Towers, Natalie Wisniewski **Additional Helpers:** Cheryl Hope, Jeff Garfield, Dave Pufferflige, Nick Russ, Gerald Sams Test Swimmers and **Pilots:** Andrew Cassidy, Cory Emerson, Libbie Horn, John Nogue, Tom Nuckton, Hal Offen, Joe Omran, Chris Tschinkel, Firat Yener, John Blackman, Dotti David, Joe Gannon, Terry Horn, Davis Ja, Doug James, Brian Kiernan, Daniel Madero, Tom McCall, Miguel Melendez, Will Powning, Lance Starin, Megan Wachs

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Escape From Alcatraz Triathlon SEPTEMBER 27, 2014

Place	Name	Swim Time	Bike Time	Run Time	Total Time	Dinner Notes
1	Joel Lanz	0:37:25	0:47:35	2:10:58	3:35:58	9th EFAT (8 first place)/fastest run
2	Andrew Wynn	0:31:20	0:51:40	2:28:20	3:51:20	virgin/tie fast swim
3	Nobu Takahashi	0:47:52	0:53:08	2:19:18	4:00:18	7th EFAT
4	Brian Matthey	0:41:30	0:53:30	2:35:40	4:10:40	2nd EFAT
5	Brent Pohlmann	0:40:14	0:49:46	2:42:30	4:12:30	11th EFAT
6	John McCulloch	0:32:40	0:51:20	2:52:00	4:16:00	2nd EFAT
7	Jesse Czelusta	0:36:01	0:45:59	2:59:12	4:21:12	4th EFAT
8	Tom Brown	0:36:04	0:51:56	2:56:08	4:24:08	4th EFAT
9	Ted Tilles	0:45:07	0:52:53	2:46:25	4:24:25	4th EFAT
10	John Ottersberg	0:31:20	0:50:40	3:05:30	4:27:30	1st cruiser/6th EFAT/tie fast swim
11	Alex Sigal	0:45:36	0:50:24	2:52:34	4:28:34	3rd EFAT
12	Alex Warring	0:42:59	0:58:01	2:55:50	4:36:50	virgin
13	Charlie Pratt	0:45:30	0:53:30	3:03:50	4:42:50	virgin
14	Katie Murphy	0:44:52	0:57:08	3:00:55	4:42:55	virgin/1st woman
15	Tony Lillios	0:37:38	0:59:22	3:13:45	4:50:45	3rd EFAT
16	Rebecca Fanning	0:40:27	0:56:33	3:14:10	4:51:10	virgin/ YOUNGEST
17	Peter Bartu	0:34:10	0:57:50	3:20:50	4:52:50	3rd EFAT
18	Andrew Mattingly	0:39:30	0:59:30	3:16:20	4:55:20	2nd EFAT
19	Scott Halsted	1:03:58	0:58:02	2:59:58	5:01:58	3rd EFAT
20	Christopher Himmel	0:41:09	0:52:51	3:31:03	5:05:03	virgin
21	Megan Wachs	0:41:24	0:59:36	3:24:53	5:05:53	2nd EFAT
22	Tara Sweet	0:52:42	1:09:18	3:10:29	5:12:29	virgin
23	Dave Strasburg	0:49:09	1:13:51	3:12:08	5:15:08	2nd EFAT
24	Anthony DuComb	0:56:25	1:01:35	3:25:06	5:23:06	19th EFAT
25	James Hulihan	0:37:33	1:03:27	3:47:00	5:28:00	6th EFAT/OLDEST
26	Hal Offen	0:52:25	1:02:35	3:38:10	5:33:10	14th EFAT
27	Sean McFadden	0:37:30	0:49:30	4:08:26	5:35:26	12th EFAT
28	John Mattox	0:45:58	0:59:02	3:56:35	5:41:35	11th EFAT
29	Matt Towers	0:59:33	1:03:27	3:51:44	5:54:44	
30	John Hornor	0:52:57	1:04:03	3:57:57	5:54:57	11th EFAT
31	Jon Nakamura	0:38:40	1:06:20	4:13:28	5:58:28	25th consecutive EFAT
32	Chris Tschinkel	1:08:58	1:12:02	3:37:30	5:58:30	2nd EFAT
33	Flash Gordon	0:34:03	1:05:57	4:24:30	6:04:30	virgin
34	Jim Ruppert	1:12:55	1:17:05	3:37:12	6:07:12	3rd EFAT
35	Alan Levinson	0:47:07	1:20:53	4:04:00	6:12:00	2nd EFAT
36	Gina Rus	0:44:13	1:08:47	4:22:10	6:15:10	18th EFAT/1st cruiser
37	Willy Waks	1:04:47	1:05:13	4:06:20	6:16:20	virgin
38	James Walter	0:41:05	0:45:55	4:55:40	6:22:40	3rd EFAT
39	Dawn Holley	0:52:55	1:44:05	3:48:03	6:25:03	virgin
40	Mike Webb	0:43:27	1:12:33	4:33:00	6:29:00	22nd EFAT
41	Eileen Buckley	0:47:57	1:09:03	4:32:01	6:29:01	2nd EFAT
42	Brenda Austin	0:53:05	1:24:55	4:17:31	6:35:31	5th EFAT
43	Tom Linthicum	0:47:37	1:08:23	4:58:35	6:54:35	17th EFAT
44	Keith Nowell	0:53:15	1:24:45	4:43:19	7:01:19	24th EFAT
45	Alex Buehlmann	0:49:49	1:15:11	5:05:32	7:10:32	4th EFAT
46	Phil Taylor	1:03:56	1:21:04	5:02:19	7:27:19	8th EFAT
47	Robin Rome	1:03:14	1:33:46	5:21:00	7:58:00	10th EFAT
48	Peter Neubauer	0:53:30	1:28:30	5:48:10	8:10:10	7th EFAT
49	Jen Volosek	0:40:48	1:24:12	6:12:40	8:17:40	virgin
	Peter Badertscher	0:35:30	0:47:30	2:42:27	4:05:27	virgin/WETSUIT
	Michael Caniglia	0:46:25	0:55:35	DNF	DNF	DNF
	Lisa Serebin	0:45:36	DNF	DNF	DNF	DNF
RELAYS						
4R	Joe Marena, Jaron Ness, Dominic Abbott	0:33:38	0:39:22	2:22:40	3:35:40	Jaron Ness/fastest bike
2R	Macho Team - Ryan Dalton, Tom Roseberry	0:30:58	0:47:02	2:23:38	3:41:38	
3R	Taking it Easy - Doug James, Will Powning, Andy Schwaab, Kevin O'Connor	0:44:05	1:04:55	2:58:56	4:47:56	
1R	NAK Attack - Niland Mortimer, Andrew Burrell, Kim Pross	0:41:44	0:46:16	3:58:13	5:26:13	

Volunteers / Pilots / Helpers

Krist Jake	Brian Gilbert
Margaret Curtis	Sibylle Scholz
Rebecca Tilley	Cynthia Barnard
Sunny McKee	Todd
Jason Prodehl	Natazha Bernie
Bob Blum	Judith Calson
Pete Bianucci	Ken Coren
Nancy Hornor	Michael Coren
Jane Mermelstein	Lisa Adrian
Mark McKee	John Mattiassi
Rick Avery	Anthony Ducomb
John Nogue	Laura Jones
Diane Walton	Sheila Gleeson
JD Durst	Pauline Farmer-Koppenol
Kim Chambers	Jamie Fanning
Laura Merkl	Mary Magocsy
Patrick Dinan	Marcus Auerbach
Lisa Newman-Wise	Paul Irving
Brendan Crow	Barry Christian
Doug James	Eduardo Barranco
Tom Gould	John Blackman
Meg Reilly	Liz Keaton
Dennis Watson	John Bielinski
Janice Wood	Don Harrison
Tom Hofman	Gary Ehrsam
Mike Weiner	Nancy Lange
Laura Atkins	Davis Ja
Pavla Podolska	Tom Neill
Kate Coleman	Linda Nowell
Craig Baynes	Joseph Omran
Rachele	Brian Kiernan
Kathy Bailey	John Selmer
Megan Sullivan	Ross Browne
Nick Blum	Randy Edwards
Monica Towers	Sam Ferguson
Suzie Dods	Keith Weaver
Eileen David	Tom Hunt
Robin Rome	Michael Connolly
Story Raftor	Ken Frank
Bob Weile	

Photo Mark McKee



Mike and Patty Webb after
Mike's 22nd EFAT

Dolphin / South End Triathlon
OCTOBER 25, 2014

Type	Place	Club	Crew	Points	
BARGE	1	DC	Megan Wachs, Lowen Cattolico, Anna MacKinnon, Andrea Morgan, Laura Zovickian, Caroline Sugnaux, Kelley Heye	45	28 Michael Connolly 53:46
SHELL DOUBLE	1	DC	Thomas Lemmin/Chris Heim	25	32 Perrin Hamilton 55:25
	2	DC	Day Zimak/Dorian Faust	15	33 Kevin Meisel 55:46
SHELL SINGLE	1	DC	Tom Roseberry	25	34 David Bennett 55:51
	2	DC	Thomas Owston	15	35 Brendan Crow 56:02
	4	DC	Jay Dean		37 John Ottersberg 56:52
	5	DC	Doug James		38 Kevin O'Connor 57:10
	7	DC	Bjorn Lustic		39 Ellie Colson 57:35
VIKING DOUBLE	1	DC	Perrin Hamilton/Ivan Smiljanic	25	40 Natazha Bernie 57:54
	4	DC	Mary Magocsy/Lowen Cattolico		41 Chris Tschinkel 58:11
VIKING SINGLE	1	DC	Quincy Darbyshire	25	42 Lisa Newman-Wise 58:49
HEAVY DOUBLE	1	DC	Chris Tschinkel/Wyatt Nordstrom	25	43 Tom Owston 59:01
	4	DC	Ted Babcock/Chris Brouwer		48 Bob Cable 1:00:5
	5	DC	Mark Robinson/Joshua Davis		49 Anthony DuComb 1:00:5
HEAVY SINGLE	1	DC	Paul Dubois	25	50 Aaron Rosenthal 1:01:1
	2	DC	Lance Starin	15	52 Morgan Kulla 1:02:0
	3	DC	Jon Belinski	5	53 Tom Davis 1:02:0
	4	DC	JD Durst		57 Megan Wachs 1:03:0
	5	DC	Marcus Auerbach		58 Roger Hansen 1:03:5
	7	DC	Peter Meredith		59 Laura Croome 1:04:1
	8	DC	Francisco Hernandez		61 Hal Offen 1:04:5
TOTALS				DC 245	65 Rob Rallkas 1:05:5
				SE 50	66 Deborah Sherwood 1:06:3
					73 Paul Vanhoven 1:08:2
					76 Dawn Holley 1:01:1
					77 Gerard Navarro 1:10:4
					80 Chris Crowe 1:11:1
					81 Mee Lee 1:11:3
					87 John Selmer 1:15:2
					90 John Herbert 1:16:0
					91 Doug James 1:17:0
					94 JD Durst 1:17:4

Run (Dolphins)

Place	Name	Time
1	Evan Borders	41:18
4	Tom Roseberry	42:59
6	Peter Badertscher	45:32
7	Dominic Abbott	45:38
8	Jason Ness	45:58
9	Quincy Darbyshire	46:40
11	Zachary Matthey	46:58
12	Jari Salomaa	46:59

13 Elizabeth Wistrom	48:02
14 Tom Brown	49:20
15 Hugh Foley	50:49
16 Thomas Lemmon	50:50
17 Ryan Dalton	51:05
18 Marlin Gilbert	51:14
19 Vladimir Mezhibovsky	51:24
20 Brian Matthey	51:29
24 Alex Sigal	52:46
25 Winston Gilcrease	53:25
26 G. Navarro	53:25



Walt Schneebeil Over 60 Swim

Swim (Dolphins)

Place	Name				
1	Adam Eilath	22 Joseph Marenda	53 Keith Gray	Bill Burke	Peter Hollingsworth
3	John Renko	28 David Holscher	54 Keith Bergh	Robert Cable	Tom Nuckton
4	Christopher Wagner	30 Chris Crowe	57 Bevin Daniels	Gabriella Cross	Hal Offen
5	Jari Salomaa	33 Evan Borders	58 Brian Fitzgibbons	Jesse Czelusta	Joe Omran
6	Brendan Crow	34 Jason Prodoehl	62 Ryan Dalton	Duke Dahlin	Erica Pitsch
7	Patrick Grady	35 Virginie Jabbour	64 Joe Spallone	Will Dalton	Neal Powers
11	Kevin Meisel	36 Steve Carlson	72 Victor Critchfield	Danny De Leon	Peter Prato
12	Patrick Dinan	37 Katie Harrington	78 Matt Clark	Joanne Desmond	Tom Roseberry
13	Emily Kreger	38 Randy Edwards	81 Susan Saylor	Suzie Dods	Ron Russ
15	Lisa Newman-Wise	41 Tom Brown	82 Beth Stein	Jim Frew	Julian Sapirstein
18	Jeffrey Peargin	44 Charlie Cross	87 Rick Avery	Sheila Gleeson	Chris Tschinkel
19	John Ottersberg	48 Laura Zovickian	90 Terry Horn	Richard Goozh	Paul Vanhoven
20	James Fahlbusch	50 John Selmer	92 Jill Fleming	Norman Hantzsche	Laura Vartain Horn
		51 David Rich	95 Vito Bialla	Byron Harbours	Megan Wachs
		52 Tom Neill	96 Peter Cullinan	Clint Hendler	Kate Webber
			Bob Blum		Kathryn Werhane

*40 miles.
12 weeks.
12 inspiring desserts.*

Photo Lindsay Casablanca



Life in the Women's locker room. Lindsay Casablanca celebrates the end of Polar Bear

Sure there have been records set for the fastest Polar Bear and the longest Polar Bear. But the sweetest Polar Bear? Well that's a new Dolphin Club record set by Lindsay Casablanca. As an added incentive to her Polar Bear buddies, Lindsay initiated the Polar Bear Baking Project. Every Tuesday without fail, Lindsay wowed the Dolphin women with mouth-watering, heart-warming, sugar-laden cakes and cupcakes, pies and puddings. The finishing touch: A White Confetti Polar Bear Cake with Vanilla Buttercream Frosting. Rest assured, the sauna was cleared of all crumbs and Lindsay and her pals completed the "full" 40 miles!

Coconut Pecan Cake with Cream Cheese Frosting - Paula Deen, revised by LC

You will need 3 - 8" round cake pans for this recipe

For the Cake

12 tbs unsalted butter, softened, plus more to grease pans
2 c flour, plus more to flour pans
1 tsp baking soda
½ tsp kosher salt
1 c buttermilk
1 tsp vanilla extract
2 c sugar
5 eggs, separated
1 ¼ c shredded unsweetened coconut
1 c finely chopped pecans (good to do this in a food processor if possible)
Cooking spray with flour in it (if not, hand-greasing pans)

For the Frosting

12 oz cream cheese, softened
6 tbs unsalted butter, softened

5 ¼ c
confectioners
sugar
1 ½ tsp vanilla extract
¼ - ½ c roughly chopped pecans

Heat the oven to 350. Put the roughly chopped pecans for the frosting on a cookie sheet, and toast in the oven for about 15 minutes, until they have browned a bit and smell "nutty". Remove from oven and set aside.

To make the cake:

Butter and flour (or use cooking spray with flour in it) 3 cake pans. Set aside. Whip the egg whites until stiff peaks form. Set aside.

Whisk flour, baking soda, and salt together in a bowl. Whisk buttermilk and vanilla in another bowl.

Cream butter and sugar in the bowl of a stand mixer fitted with a paddle attachment until fluffy, 2-3 minutes. Add egg yolks one at a time, beating well after each addition. On low speed, alternately add flour mixture in 3 batches and buttermilk mixture in 3 batches. After all is added, increase speed to high and beat until batter is smooth, 5-10 seconds. Fold the egg whites, coconut, and finely chopped pecans into the batter (you will probably have to do this by hand). Divide the batter into the 3 prepared pans and smooth top with rubber spatula. Drop pans lightly on counter to expel large air bubbles. Bake cakes until a toothpick inserted in the middle comes out clean, about 20-22 minutes. Let cakes cool in pans for 20 minutes; then invert

onto wire racks and let cool completely before frosting.

To make the frosting:

Using a stand mixer, beat cream cheese and butter together until smooth. With the motor running on low, slowly add confectioners sugar and vanilla. Increase speed and beat until smooth.

To assemble

Place one cake layer on a cake stand or plate, and spread top with frosting. Top with another layer and repeat. Top with remaining layer and cover top and sides with remaining frosting. Sprinkle toasted pecans on top, to taste. Press pecans very lightly to set them into the frosting. Chill cake at least 1 hour until frosting is firm.

Julie Marcus

2014-15 Polar Bear Baking Project Recipes

1. Irish Whiskey Bundt Cake with Vanilla Glaze and Fish Sprinkles
2. Lemon Almond Tart
3. Maple Syrup Cake
4. Sea Shell Madeleines
5. French Apple Tart
6. Jellyfish Frosted Cakelets
7. Coconut Pecan Cake with Cream Cheese Frosting
8. Red Velvet Whoopie Pies
9. Bread Pudding
10. Black Bottom Cupcakes with Salted Caramel Frosting
11. Double Pineapple Upside Down Cake with Pineapple Buttercream Frosting
12. White Confetti Polar Bear Cake with Vanilla Buttercream Frosting

From Alcatraz the Hard Way

Vic Pizarro III

Any aficionado of the circus will tell you if a death-defying stunt is successful, the women-folk will swoon, the men-folk will gasp, and the children...well, the children will squeal with delight. I can't vouch for the first two, but I know for a fact that my three-year-old grandson squealed at the sight of his sopping-wet Grandpa emerging from the San Francisco Bay.

Without question, Jack LaLanne was a consummate showman. He knew how to reconnect with his inner twelve-year-old boy. You know, the one that challenges you with, "Betcha you can't..." and answers with, "Oh yeah? Betcha I can!"

He knew how to create a stunt that would fire the public's imagination. On his 60th birthday, for goodness sake, he would swim from Alcatraz to San Francisco, handcuffed, shackled, and pulling a thousand pound boat!

Alcatraz, the "escape-proof" prison had only closed eleven years before. Add to his recipe, handcuffs and shackles (So very "Houdini-esque". Remember, he would have been a child when Houdini's career was at its peak.) And finally, the frosting on his cake, he would pull a boat - his own signature "He-Man" move! And this was in 1974, coincidentally the same year as the first triathlon.

To celebrate my own 60th birthday, I decided to recreate the so-called "Super Swim". This would prove considerably more challenging than my previous handcuff stunts. My training schedule was pretty straightforward. I would practice "the stroke" exclusively for four months

and then start donning the handcuffs and shackles.

The handcuffs were not problematic. I just slipped on a pair of

of leather? After experimenting with innumerable shoulder harnesses, from which I still sport some attractive scars, I settled on a belt with a metal ring.

In my mind, I had already assembled my support team. Joe Gannon was my "detail" man. He was intimately involved in every decision from choosing a boat (according to Rich Cooper, the "Crab" was no longer in the fleet), right down to testing the best knots. He would also be in the boat. Why? Well I suspect Jack never had to propose his hare-brained idea before a Swim Commissioner, not in the 1970s. I decided early on, and wisely, I

believe, to have a pilot

in the boat. Not for my own safety so much, but rather to protect the boat. Besides, the photos my wife took of Joe reading the newspaper during the swim are priceless!

If Joe was the detail man, Doug James was the navigator. From tides to timing, from communication to navigation, Doug took charge and in so doing, took the most stressful aspects of the swim off my plate. The *Vic* day before the event, he literally said: "You just show up and concentrate on swimming. I'll take care of the rest." And he did.

And finally, there was Hal on the kayak. On every one of my previous stunts, Hal had been my anchor, and I trusted his judgment completely. Calm and cool-headed, I'm not sure I would have attempted this insanity without knowing he was at my side.

Photo Maureen Fitzgibbons



Escaping from Alcatraz still in shackles

heavy wrist guards and the cuffs and I was ready to go. Shackles, however... Well I tried heavy socks, diving boots, even duct tape, and still the shackles left me torn and bleeding. I finally discovered Velcro weight-training ankle straps. Problem solved. Now I would have to devise a harness.

Since this was "An Historical Reenactment", I decided to return to the source. How did Jack do it? The "old-timers" who remembered his swim shared some great stories, but were a little short on technical details. I even contacted Elaine LaLanne. Finally, I read an article in the LA Times that said that Jack used neither shackles nor cuffs, but rather had his legs and hands tied with cord! I gather then, instead of a harness, he simply tied the rope around his waist. Good for you, Jack! Was your skin made



Photo Maureen Fitzgibbons

Breakfast on the Bay. A handcuffed Vic Pizarro tows Joe Gannon from Alcatraz

And I would be remiss if I did not mention my lovely wife, Fitz, who stayed up all night baking pies for the celebration, then sat alongside Doug, juggling cameras and lenses, so there would be a visual record of the event. Kudos to all the Dolphin Club spouses and loved ones, without whose encouragement, well, you know...

And the swim went without a hitch? Of course not! It's REALLY dark at 6:00 AM. The water was a little rougher than I expected and I swallowed more than my fair share. I had no idea where I was most of the time. Thank God for pilots. I even went "water-blind" for a few minute. On the bright side, I completed

the swim in one hour and twenty minutes. That's ten minutes faster than my best estimate, and I left the water on my own two feet! Thanks to everyone!

Of course, the one question on everyone's lips was, "Why did you do it?"

The easy answer would be to say, my wife asked me "So what are your plans for your sixtieth birthday?", and I knew she didn't mean, "Where call we make dinner reservations?" Then I saw Jack's photo on the boathouse wall...but that's not the whole story.

Sometime back, I was sitting with my seven-year-old granddaughter Alice, poking through the family photo album. She would ask, "Who is

that, Grandpa?" And I would answer, "That's your Great -Great Aunt May, she survived the 1906 Earthquake; and that's your Great-Great Uncle Leo, he was a war hero and he built fish ladders throughout California; and that's your Great-Great Uncle Henry, we smoked cheap cigars and his truck always smelled like fish!" And I realized that someday, if we're remembered at all, our lives will be reduced to one or two sentences. And if it's my legacy to be remembered as, "That's your Great-Great Grandpa Vic! He swam from Alcatraz to San Francisco, handcuffed, shackled, and pulling a boat. I have no idea why..." Well, I can live with that.

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Memorial Gathering for Daniel Osborne

Dan Osborne joined the Dolphin Club in 1961. He was one of our outstanding swimmers and pulled his weight as a pilot as well. He played a major role in redesigning, rebuilding and running the Club. He died on September 30, at age 80.

On October 26 at 2 pm Dan's ashes were scattered between the goal posts and the repair, about where he began to get cold in later years as he circled the cove. Family and friends then came inside for a memorial gathering and some statements of remembrance.

Dan's son James spoke the poetry of his father's friend Gary Snyder, who wrote "The Real Work" after rowing with Dan by Alcatraz and around Angel Island:

*sea lions and birds
sun through fog
flaps up and lolling,
looks you dead in the eye.
sun haze; a long tanker riding light and high
...
the real work
washing and sighing,
sliding by.*

James' boyhood friend, John Heller, played the guitar.

Dan's son Don, whom we know well as the man who rebuilt the men's sauna with John Horner, reflected on his conversations with Dan during the final days in the hospital, focusing on Dan as a loving father and wonderful teacher, the latter a theme that was repeated by others, such as Betsy Flack, who had been Dan's secretary before becoming a landscape architect and later a director of the Garden Conservancy, and spoke enthusiastically and fondly of Dan's tutelage . . .

Christopher Swan described Dan's critical input and support as a member of the board of directors of Sun Train, an organization created to implement a plan to replace the existing road system at Yosemite with light rail and, to



Daniel Osborne, club member for 63 years was an avid swimmer, rower and critical member of the club's building committee for many years.

remove most of the Valley lodging in favor of peripheral lodging . . .

Joe Illick and Ken Frank, both of whom – despite perennially swimming behind Dan in numerous contests – were most conscious of the grace and good humor that characterized his victories . . .

Lorna Newlin spoke to a matter we all recognized

and felt, that it was never Dan alone but always Dan and Mimi, the lovely couple that never missed her ceramic shows, always finding items that they "had to have," as well as entertaining in their home and supplying answers to questions in informed and lengthy detail demanding patience to absorb, the same patience that it required to hear out their answering machine, which Lorna imitated with amusing accuracy.

Finally, Mickey Lavelle's mellow rendering of "The Final Glass" caught the deep mood of the occasion.

2014 has been a year of many Dolphin Club triumphs. Dan's death is a major loss.

New Year's Day Alcatraz, A brief history

Did you really think the water temperature would stay 65 forever? Are you ready for Polar Bear and New Year's Alcatraz?

The original Alcatraz Swim was intended to be swum dressed in only a Speedo during summer months. To attempt it on New Year's Day (NYD) was considered extreme, a bit insane. Obviously, the day can't be selected in advance for favorable conditions. Often there are extreme tides and winter storms. Water temperature is a frigid 51 F or below, and it's too late to back out now.

The story goes that George Farnsworth, Tom Rice, and a few other hearty South Enders began an unofficial NYD swim in the mid-1950s. The event grew and became an

annual SERC swim. During the 1970s some Dolphin Club members were invited to swim along. By 1980 Dolphins had become equal participants.

About one hundred swimmers now attempt to swim from Alcatraz each New Year's. However, they must first qualify by completing a difficult cove swim in late December. These precautions are the result of the January 1, 1982 swim when the water was especially cold, and flooded rivers amplified an extreme ebb tide. Fifty-seven swimmers had to be rescued, many picked-up by recreational sailors. Eighteen others managed to finish, but the next year the race was limited to thirteen top swimmers, eight of them Dolphins. (continued on page 23)

October 25, 2014: The Plaque is Back

What a day. What a win.

Diane Walton

There was some rain and some wind at 5 am as we started gathering at the Club; it was all light and might the rest of the day! "How did they do that!?" is a question that is still ringing in the air. We know the answer! Not to give away all of our secrets, but we did make a big group commitment to win this year...

First, we wanted to win the row. Our day starts with the Wieland. Charlie began early, the team practiced often, with great style and immeasurable verve, and it showed in the early Saturday morning hours. A fair start and good competition helped; Charlie's reading of the water and the prowess of our women brought us to victory. Next came the flights, in which EVERY race was won by one of the 33 Dolphins who rowed! JD Durst was our player-coach, leading practice rows for any and all; Jay Dean's shell and training expertise was invaluable; we've got some serious



Retiring president Diane Walton carries off her crowning achievement—The Plaque!

rowers; and John Blackman, our Boat Captain, reigned supreme as we moved ahead to a 245 point advantage (yep. Out of 295 possible).

Then the swim! More than a hundred Dolphins signed up to swim.

Adam flew through the water, 14 of the first 20 were Dolphins, as well as a good proportion of the remaining 80, further adding xx to our margin. (Awaiting official word from SERC). Our Swim Commissioners – John, Joe and Virginia- were relentless in their pursuit of participation, and it paid off.

And, finally, the run. I don't know when we've headed out for the run knowing we were going to win it, but win it we did... Evan Borders flew in first, and the waves of blue (thank you Jim Frew) coming down off Fort Mason were fantastic... Again, dramatically ours from top to bottom, fifteen of the first 20 and a good proportion of the remaining 80 (again, awaiting SERC confirmation) were wearing blue! Big kudos to Natazha, Chris, Hal and all who led practice runs and contributed to our strong presence.

We dedicate this day to Sunny and Mark McKee, two people whose grace and competitiveness and commitment to our Bay is unmatched. Happily, we earned the right to have our names attached to theirs in this effort!

(continued from page 22)

Just completing a NYD Alcatraz is a personal challenge for most participants, however there are always the elite athletes who consider it a race. Moreover, there's the underlying rivalry between the two clubs, hoping that one of their members will be the overall winner. The Dolphin Club can be proud. Since 1983 a Dolphin has won 26 out of the last 29 swims. In 1984 Suzanne Heim-Bowen was the first woman to win it. Suzanne and Liam Hennessey took turns finishing

1st and 2nd from 1988 to 1994. Becky Fenson also contributed four victories. Other Dolphin champions have been Dave Kenyon, Sean Kelly, Steve Pratt, Michael Chase, and Adam Engelskirchen. In 2009 Joe Illick, at age 74, became the oldest to complete a NYD swim.

Public interest in the event has varied. In the 1980s there would be three or more TV networks covering the NYD Alcatraz spectacle. The Chronicle and Examiner newspapers carried the story with photos on Page

1 the next day. It often made national news. Sadly, coverage evaporated by the mid 1990s. Why? No doubt that Alcatraz swims have been cheapened, in terms of public perception, by the endless commercial events open to wetsuiters. I try to be tactful to guests training for one of these swims, but I'm often tempted to say, "Come back on New Year's Day without a survival suit". Then you can truly brag about swimming Alcatraz.

Rich Cooper



The Dolphin Swimming
& Boating Club
502 Jefferson Street
San Francisco, CA 94109

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2015 DOLPHIN CLUB SWIM & EVENT SCHEDULE

Jan 1	Thu TBD	New Year's Day Alcatraz
Jan 1	Thu TBD	New Year's Day Cove Swim
Jan 11	Sun 8:00 am	*Pier 41
Feb 7,8	Sat/Sun 9:00	24 hour cove relay
Feb 15	Sun TBD	Old Timer's Lunch
Feb 22	Sun 9:00 am	Dick Beeler Crazy Cove
Mar 14	Sat 7:00 am	McCovey Cove Regatta
Mar 21	Sat 10:30 am	*Gas House Cove
Mar 21	Sat 11:00 pm	End of Polar Bear
Apr 11	Sat 8:30 am	*Pier 39
Apr 18	Sat 9:30 am	*Yacht Harbor
May 10	Sun 7:45 am	*Bay Bridge
May 16	Sat TBD	Rowers Dinner
May 31	Sun 8:45 am	*Crissy Field
Jun 1	Sun	100-Mile Swim Begins
Jun 14	Sun 8:15 am	*Fort Point
Jun 21	Sun 8:00 am	*SE/DC LGBT Pride Swim
Jul 11	Sat 6:00 pm	*Doc Howard Over 45 Gas House Cove
Jul 18	Sat TBD	*Trans Tahoe Relay
Jul 25	Sat 4:00 pm	Under 30 Cove Swim
Aug 1,2	Sat/Sun TBD	*Santa Cruz Pier Swim
Aug 15	Sat 10:30 am	*Coghlan Beach (fun swim)
Aug 23	Sun 7:25 am	Joe Bruno Golden Gate
Sep 12	Sat TBD	Lou Marcelli 12 hour cove relay
Sep 19	Sat 9:20 am	Alcatraz
Sep 26	Sat TBD	Dolphin/South End Triathlon
Oct 4	Sun 11:00am	Walt Schneebeli Over 60 Cove
Oct 17	Sat 8:10 am	Escape from Alcatraz Triathlon
Oct 31	Sat 11:00 pm	100-Mile Swim Ends
Nov 14	Sat TBD	Pilot Appreciation Dinner
Nov 26	Thur 9:00 am	Thanksgiving Day Cove
Nov 27	Fri	Grizzly Bear Challenge
Dec 20	Sun 9:00 am	New Year's Day Qualifier
Dec 21	Mon	Start of Polar Bear
Dec 21	Sun TBD	Polar Bear Swim Begins
Dec 31	Wed 11:59pm	Grizzly Bear Challenge Ends

ROWING TRAINING
These Saturdays as 9:00 am
January 24, Saturday
February 21, Saturday
March 21, Saturday
April 18, Saturday
May 23, Saturday
June 20, Saturday
July 18, Saturday
August 22, Saturday
September 19, Sunday
October 24, Saturday
November 21, Saturday
December 19, Saturday

Intro to bay swimming *usually*
offered Saturdays *or* Sunday
after Board Meetings, check
website www.dolphinclub.org

SWIM PROGRAM RULES

1. Club scheduled swims are restricted to club members only.
2. Swimmers are required to wear fluorescent orange caps on all scheduled swims.
3. "Swimmers cannot use "swim aids" for any timed swims. Swim aids include, but are not restricted to, fins, wet suits, snorkels, etc."
4. For out-of-cove swims, swimmers must be members in good standing with club dues current, \$40 swim fees paid, and a current PMS card on file. In-cove swims are free and open to all members.
5. New members are not eligible to swim in scheduled out-of-cove swims for six months from their membership start. However, if one successfully completes the 100-mile swim or 40-mile Polar Bear swim before their six months are up, they can participate in out-of-cove swims.
6. Swimmers must be in attendance at briefing prior to each swim in order to participate.
7. Time limits are imposed and enforced for all swims.
8. All club boats are reserved for scheduled swims.
9. In-town members must successfully complete three swims and pilot or help on at least two others.
10. Out-of-town members (those residing 100+ miles from the club) must have successfully completed two of the last three club scheduled Alcatraz and/or Golden Gate swims or meet Rule 9 above.
11. * Indicates swim is a qualifier for Alcatraz and Golden Gate Swims

Alcatraz Island
1.4 miles

Fort Point
3.5 miles

Crissy Field
2.5 miles

Yacht Harbor
1.5 miles

Gas House Cove
1 mile

Aquatic Park Cove

Pier 41½
1.2 miles

Pier 43
1 mile

*All times are approximate & subject to change.
TBD means "to be determined".*